

Vitaal op Maat! Off-Site Fitness Training



Vitaal op Maat! is a preventative fitness training programme aimed at improving your vitality. If you feel fit and energetic, you will see your capabilities increase, both at home and at work. Vitaal op Maat! Off-Site Fitness Training is a programme for those living further away from the Vitality Centre in Velsen-Noord but who would still like support for improving their vitality levels.

What's in it for you?

Over the course of the programme, you will notice an increase in your energy levels, along with increased physical stamina. This will have a noticeable effect on your day-to-day life, improving the way you perform tasks at work and enabling you to continue performing those tasks in the longer term. Vitaal op Maat! Off-Site Fitness Training supports your employer's aim of ensuring the long-term employability of its staff.

Who's it for?

Vitaal op Maat! Off-Site Fitness Training is for anyone who would like support where fitness and vitality are concerned and wants to work on these near their home.

What do you need?

You need to be motivated to participate in the programme. Your manager will also need to support you in this. Preferably, you will be a member of a gym for the physical training sessions near to your home. For online instruction, you will need the Microsoft Teams and Virtuagym apps on a computer with a camera, or on your phone.



What does the programme involve?

- Duration: 28 weeks.
- An average of two training sessions a week near to your home.
- Three assessment points: intake, interim and final assessment.
- Contact with a Heliomare professional once a month (in person or online) to discuss your progress and make adjustments to your training programme and goals.
- Compulsory participation (in person or online) in two health education modules focusing on BRAVO(*) topics.
- A minimum of seven interactions.
- Optional: one physiotherapy session, following consultation with trainer and Therapist.
- Optional: dietary advice by appointment.

What information is reported?

We will provide your manager with the programme start date and information on your attendance at training and educational sessions.

If you were signed up by your company doctor, he/she will receive an email detailing the date of intake, the start and end dates of the programme, your attendance and assessment results.

Where do the sessions take place?

The intake, assessment sessions, physical training and educational sessions take place at the Heliomare Vitality Centre, Zonnewijzerstraat 3, 1951 MP, Velsen-Noord.

You decide from where you participate in the sessions with online instruction.

What will it cost me?

Your time and effort. Any costs for a gym membership. All other costs are paid by your employer.

How do I sign up?

- By email: send a message to info-VC@heliomare.nl
- By phone: call 0251 21 55 02 or 06 10 65 77 63
- Through the website: www.heliomare.nl/vitaliteitcentrum

*BRAVO is an acronym made from the Dutch words for more Exercise, not Smoking, responsible Alcohol consumption, healthy Diet and sufficient Relaxation.



www.heliomare.nl