WELL-BEING

AT THE ULTIMATE **PEOPLE-FIRST** UNIVERSITY OF TECHNOLOGY



















AT THE UNIVERSITY OF TWENTE WE HIGHLY VALUE YOUR WELL-BEING AND, THEREFORE, THE ANNUAL HEALTH WEEK HAS BEEN TRANSFORMED! THE NEW 'WELL-BEING WEEKS' ARE ORGANISED TWO TIMES A YEAR FOR EMPLOYEES AND STUDENTS. DURING THE WELL-BEING WEEKS WE WILL GIVE SPECIAL ATTENTION TO BALANCE, VITALITY, PHYSICAL AND MENTAL HEALTH, FUN, AND RELAXATION.

CDD LEARN MORE AT **UTWENTE.NL/WELLBEINGWEEKS**

RESULTS SECOND EDITION WELL-BEING WEEKS 4 - 28 OCTOBER 2021

BOOST & BALANCE

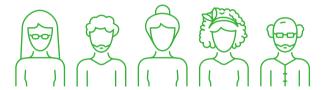
The Boost and Balance well-being weeks included a wide range of events. During these four weeks of well-being you could choose from a large selection of workshops, lectures, and activities. For example: lunchwalks, cholesterol-glucose and bloodpressure checks, individual walk & talk with a lifestyle coach, and a breathing session in an icebath. Again, this edition was a great success!



732

PARTICIPATIONS IN TOTAL

Employees & students



8,400 PIECES OF FRUIT HANDED OUT



TOP 3 RATED ACTIVITIES

01 8

BREATHING SESSION WITH ICE BATH

02 8.5

SALSA WORKSHOP

03 8.3

MINDFULNESS WORKSHOP, HOW TO SWITCH OF WORK





















TOP 3 MOST VISITED ACTIVITIES

⁰¹ 300

MEASURE YOUR CHOLESTEROL, GLUCOSE AND BLOOD PRESSURE

02 199

LUNCHWALK

03 81

SLEEP SMART — SENSE AND NONSENSE OF SLEEP















NEXT WELL-BEING WEEKS COMING IN SPRING 2022

In spring 2022 the next well-being weeks will take place. The topic will be based on the results of the well-being research, lifestyle checks and current events. For more information on well-being at UT, visit the employee well-being page or contact us at well-being page or contact us at wellbeing-hr@utwente.nl.

STAY UP TO DATE! SIGN UP FOR THE **WELL-BEING WEEKS NEWSLETTER** HERE