

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.

[LEARN MORE AT **UTWENTE.NL/WELLBEINGWEEKS**](https://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!

”
KEEP GOING AND
KEEP HELPING PEOPLE!

732

PARTICIPATIONS
IN TOTAL

Employees & students



8,400

PIECES OF FRUIT
HANDED OUT



TOP 3 RATED ACTIVITIES

01 **8.6**

BREATHING SESSION WITH ICE BATH



02 **8.5**

SALSA WORKSHOP



03 **8.3**

MINDFULNESS WORKSHOP,
HOW TO SWITCH OF WORK



”
IT WAS A REALLY COOL
EXPERIENCE! 😊



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

”
SNEAKERS ON AND GO!

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 wellbeing-hr@utwente.nl.

[STAY UP TO DATE! SIGN UP FOR THE **WELL-BEING WEEKS NEWSLETTER** HERE](#)