

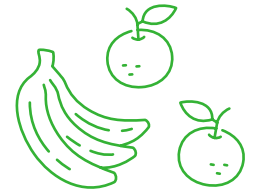
WELL-BEING WEEKS



RESULTS SIXTH EDITION

BYE BYE WINTERBLUES '23

This year's Well-being Weeks, spanning from November 6th to December 1st, centered around promoting physical activity, nutrition, and relaxation. The aim was to bring a sense of vitality and wellness in the face of shorter days and longer nights, also known as the winterblues.



15 998
PIECES OF FRUITS

 516 REGISTRATIONS 414 PARTICIPANTS EMPLOYEES	<h1>1005</h1> <h2>TOTAL</h2>	PARTICIPANTS 591 UB VISITS 45.408 STUDENTS
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TOP 3 MOST VISITED ACTIVITIES

- 160**
 MEASUREMENTS & DIETICIAN
- 112**
 LUNCHWALK
- 43**
 EASY & HEALTHY WINTERMEALS



TOP 3 MOST VISITED ACITIVITIES

- 330**
 SOUP AT PROMO EVENT
- 200**
 BREAKFAST AT UB
- 30**
 LUNCH LECTURE

TOP 3 RATED ACTIVITIES

- 9.3**
 WALK WITH A COACH
- 9.0**
 INFORMAL CARE
- 8.6**
 TAI CHI

GOODHABITZ

- POPULAR COURSES:
- PRODUCTIVITY (PURPLE)
 - LANGUAGE & COMMUNICATION (PINK)

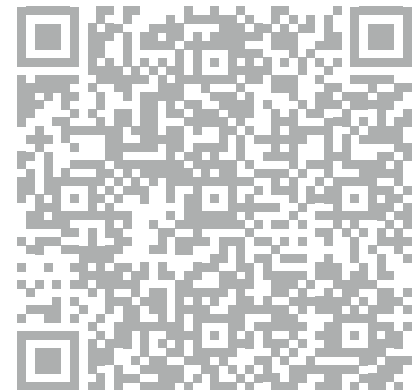


COMMUNICATION CHANNELS

- | | |
|---------------|-------------|
| SERVICEPORTAL | WEBSITE |
| 544 | 6430 |
| (TOTAL) | (TOTAL) |

FROM 23/10 TO 1/12

SIGN UP FOR THE NEWSLETTER!



NEXT WELL-BEING WEEKS WILL TAKE PLACE IN JUNE OF 2024!

UNIVERSITY OF TWENTE.