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Week 40 & 41

Monday, 04.10.

9.00-10.00
**Opening lecture
Boost and Balance**

10.00-16.00
• **Cholesterol, glucose
& blood pressure**
• **Dietician Marieke ten Oever**

11.00-12.00
Running therapy

12.30-13.30
Online Yoga

Tuesday, 05.10.

10.00- 16.00
• **Cholesterol, glucose
& bloodpressure
measurement**
• **Dietician Marieke ten Oever**

11.00-13.00 (4x 30 min)
Walk & talk

Wednesday, 06.10.

10.00-16.00
• **Cholesterol, glucose
& bloodpressure
measurement**
• **Dietician Marieke ten Oever**

15.00-16.00
Running therapy

Thursday, 07.10.

10.00-16.00
• **Cholesterol, glucose
& bloodpressure
measurement**
• **Dietician Marieke ten Oever**

13.00-15.00 (4x 30 min)
Walk en talk

Friday, 08.10.

10.00-16.00
• **Cholesterol, glucose
& bloodpressure
measurement**
• **Dietician Marieke ten Oever**

12.30-13.30
Online Yoga

Monday, 11.10.

11.00-12.00
Runningtherapy

11.30-12.45
Viermarken lunch walk

12.30-13.30
Online Yoga

Tuesday, 12.10.

11.00-13.00 (4x 30 min)
Walk en talk

11.30-12.45
Viermarken lunch walk

16.00-17.00
**Interactive lecture
Sleep smart – Sense
and nonsense about
sleep**
Ed de Bruin

Wednesday, 13.10.

15.00-16.00
Running therapy

Thursday, 14.10.

11.30-11.45
Viermarken lunch walk

13.00-15.00 (4x 30 min)
Walk & talk

Friday, 15.10.

12.30-13.30
Online Yoga

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Week 42 & 43

Monday, 18.10.

12.30-13.30
Online Yoga

Tuesday, 19.10.

11.00-13.00 (4x 30 min)
Walk & talk

Wednesday, 20.10.

16.00-17.00
**Presentation
TalentNED – Topsport
en sports data**

18.00
Salsa workshop

Thursday, 21.10.

13.00-15.00 (4x 30 min)
Walk & talk

Friday, 22.10.

12.30-13.30
Online Yoga

Monday, 25.10.

15.30-17.00
**Mindfulness workshop
How to switch
of work (EN)**

12.30-13.30
Online Yoga

Tuesday, 26.10.

15.30-17.00
**Mindfulness workshop
How to switch of work
(EN)**

Wednesday, 27.10.

Thursday, 28.10.

Friday, 29.10.

12.30-13.30
Online Yoga

15.00-17.00
**Breathing session
with ice bath**

Week 43

Zondag, 31.10.

Day of silence

Available during all weeks:

- Walk with the Ommetje app
- Goodhabitz courses
- Fruit at the campus on various days