

Improve your personal vitality with ODS through...



Exercise



Relaxation



Nutrition



Mindset



Start right now. Go to ods-vitaal.nl



Choose your vitality mix on ods-vitaal.nl



Through ODS you can play sports, relax and learn everything about nutrition and the importance of a positive mindset. We offer these activities 'live', through training sessions and workshops, but also online! Our focus is on Limburg and we are currently expanding to other regions in the Netherlands.

The activities below are offered as a subscription, an event or workshop at your employer. ODS also develops its own programmes, upon request of employees or organisations. So, plenty of choice!



ODS gets you going

- Aqua fitness
- Bootcamp
- Bouldering
- Boxing
- Cycling
- Fitness
- Football
- Golf
- Krav Maga
- Mountain biking
- Personal training
- Running
- Skating
- Skiing
- Spinning
- Squash
- Swimming
- Tennis
- Walking
- And more...



ODS brings peace to your mind and body

- Breathing therapy
- Meditation
- Mindfulness
- Pilates
- Tai Chi
- Wellness
- Yoga
- And more...



With ODS you eat consciously and tasty

- Allergies and intolerances
- Nutrition and sleep
- Nutrition and sports
- Nutrition quiz
- Personal coaching with online support and app
- Theme "Healthy weight"



ODS keeps you focused

- Coaching and advice, at home and professionally
- Fatigue and energy
- Health management
- Mental resilience
- Nurturing a growth mindset
- Personal leadership
- Stress prevention
- Vitality quiz
- Vitality screening

Direct link to ODS vitality activities offered as a subscription.



The ODS benefits for you, your partner and your children

Everyone wants to stay healthy and fit. ODS lends you a helping hand. Not only do we offer sports activities, but also activities for relaxation and advice regarding healthy food and a positive mindset. By paying attention to adequate exercise, regular relaxation and conscious food choices, your life will be much more fun. A positive mindset also helps a great deal. Life is about enjoying yourself, at home and at work.

ODS is for everybody. Whether you are a sports fanatic or a beginner. Everyone can combine a suitable programme. ODS is for:

- People who want to make a healthy lifestyle a natural part of their daily routine
- People living a stressful life who are looking for more balance
- People trying to make more conscious food choices. Because they want to control their weight or out of interest in the effects of food
- Athletes, recreational or fanatic. You're sure to find something you like! Why not try a different sport? Who knows, you might have hidden talents!

ODS benefits:

- You can combine activities you like and make your own personal mix.
- You can participate with your family in the annual ODS events. Check the website for the latest programme update.
- You receive a discount at more than 250 locations offering sports, relaxation and nutrition activities.
- Newsletter with the latest tips, blogs and special offers with discounts.

Who can become an ODS member?

- Anyone who is employed by a company that is an ODS partner. You will find the list in this folder and on the website.
- Family members of anyone employed by one of the ODS partners.
- Retired employees

Registering yourself, your partner or children is very easy through 'My ODS' op ods-vitaal.nl.

Companies opt for ODS!



Employees of these companies can benefit from the vitality activities offered by ODS

Is your employer not on the list? Please refer to the website for the most recent additions or register your employer with us through info@ods-vitaal.nl



Follow ODS and sign up for the newsletter

Would you like to be the first to hear about our interesting blogs about vitality, our activities, events, nice-to-know things and special offers? Then please register for our newsletter through ods-vitaal.nl and follow us on social media. Go to Spotify to enjoy our playlists!

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