

# Improve your personal vitality with ODS Vitaal through...



Mindset



Relaxation



Exercise



Nutrition



Start right now. Go to [ods-vitaal.nl](https://ods-vitaal.nl)



# The ODS benefits for you, your partner and your children



Everyone wants to stay fit and vital. A positive mindset also contributes to this. You will enjoy it for a long time, at home and at work. ODS Vitaal offers activities for sports and relaxation and advices for a healthy diet and a positive mindset.

You can make a mix that suits you. ODS Vitaal is for:

- People who want to make a healthy lifestyle a part of their daily lives.
- People who have a stressful life and want to be more balanced.
- People who want to eat more consciously. Because they want to watch their weight, or because they want to know what food does to them.
- Recreational and fanatical athletes. You can also try another sport via ODS! Who knows, you have unprecedented talents.

## Who can become an ODS member?

- **Every employee** of an organization affiliated with ODS Vitaal. You will find an overview in this brochure and on the site.
- **Partners and children** (living at home up to the age of 22) of employees who work for one of organizations affiliated with ODS Vitaal.
- **Retired employees** of organizations affiliated with ODS Vitaal.

## The ODS Vitaal benefits:

- You get a discount at more than 250 vitality providers in your area.
- You and your family can participate in the annual ODS Vitaal events.
- You can subscribe to the ODS Vitaal Update with current tips, blogs and promotions with a price advantage.
- In your account (Mijn ODS) you put together your personal combination of activities that you, your partner and children enjoy.

ods Employees Employers Vitality providers About ODS EN Mijn ODS

Welcome Frank My details

Everything for your vitality Zuyd Hogeschool Vitality offer Events Actions Log out EA

### Everything for your vitality

**1**

**are you actually doing**  
are you actually doing them? them more and more often. [...]

**Sleep meditation is the remedy for a good night's sleep**  
Sleep meditation is the remedy for a good night's sleep. Do you recognize this? After a busy day you are [...]

**Eat consciously. Eat yummy.**  
Do you want to live a healthier lifestyle and feel more vital and vital? Then start with your diet. Within the foreseeable future you will not only feel fitter, but you will also notice that your personal goals are achievable.

Read more → More information →

### Suggestions for you from the ODS vitality offer

**2**

**Graviton Boudiergym**  
Strand  
Climbing & Bouldering

**Mac Sportsclub**  
Maastricht  
Judo Jiu Jitsu Fitness BJJ Kickboxing BJJ Yoga

**Q-fit**  
Strand  
Fitness

**Ladyline**  
Edo, Heer, Hoersbroek on 5 diverse vestigingen  
Fitness Online Coaching Therapy Pilates Training in heat water

**360healthclub**  
Roosendaal  
Fitness Online Coaching Swimming

360

**ODS Vital offers you must meet!**  
Then take a look at the vitality offer on this website. To the complete offer →

### Join the ODS Vitaal events

**3**

**Sunday 12 March 2023**  
**ODS MTB Tour 2023**  
The second edition of the ODS MTB Tour. This year from Watersley Sluit.  
More info →

**Sunday 11 June 2023**  
**ODS Festival 2023**  
A day full of vitality experiences. Come, join us and get inspired!  
More info →

**Saturday 26 August 2023**  
**ODS Classic 2023**  
A great, members-only cycle tour through South Limburg with 1000+ participants.  
More info →

**Sunday 29 October 2023**  
**ODS Autumn Walk 2023**  
Take a walk of 8 or 12 km through the wonderful surroundings of Schimmert  
More info →

### Benefit from our promotions

**4**

**Discount Day ticket Themas now € 32,50**  
Huge discounts via ODS Meet on day tickets at Themas 2023 in Valkenburg. Pick up your code and pay only € 32,50 per person for a wonderful relaxing day. Temporarily to settle an energy shortage of € 2,50 at the reception.  
View →

**Benefits at Work**  
Via ODS Vital you can get great discounts on major brands via the Benefits at Work platform. Save at Adidas, Samsung, Benetton, Burger King, Philips, Zanussi, Walita, Center Parcs, OJ Park Jr, and many more.  
View →

**SupQ sport nutrition**  
During the ODS MTB tour and the ODS Classic you encountered SupQ at the break places. Do you want the sports drink or energy bar with a 20% discount? Then click.  
View →

**Een fijn relaxmoment**  
A great moment of relaxation  
Enjoy this relaxing audio meditation by Delina Oelrijk.  
View →

# Choose your vitality mix in Mijn ODS

If your employer is affiliated with ODS Vitaal, you can create an account free of charge in 'Mijn ODS'. Under your account details you will find your own subscriptions and those of your partner and children. You can make adjustments yourself.

In area **1** you will find **articles, blogs and recommendations**. Scroll through it. We are sure that there is information for you that contributes to a more vital life.

Area **2** contains a small selection from the very large **ODS Vitaal offers**. One click and you see the full range. You can also view the subscription prices and activate your subscription here.

In area **3** you will find an overview of the **ODS Vitaal events**. You can click on it for more information and to register.

Area **4** contains the current **discount promotions**. You can claim your code here and redeem it at the provider.

Create your account now free of charge: [ods-vitaal.nl](https://ods-vitaal.nl)



# Employers opt en masse for ODS Vitaal!



Many organizations grant their employees the ODS Vitaal offer. Below is a selection of the affiliated organizations. Look for the current overview on our website.



## Follow us and subscribe to the ODS Vitaal Update

With the monthly ODS Vitaal Update you will be the first to receive information about our activities, events and promotions. Register via [ods-vitaal.nl](https://ods-vitaal.nl)

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