

Improve your personal vitality with ODS Vitaal through...



Mindset



Relaxation



Exercise



Nutrition



Start right now. Go to 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.

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**



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

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