

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



Mindset



Relaxation



Exercise



Nutrition



Start right now. Go to ods-vitaal.nl



The 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-Vitaal! Who knows, you have unprecedented talents.

Who can become an ODS-Vitaal 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 (My ODS) you put together your personal combination of activities that you, your partner and children enjoy.

ods Employees Employee's Vitality providers About ODS EN My ODS

Welcome Anne-Mei My details

Everything for your vitality Bestuur & Secretariat ODS Vitality offer Events Actions Log out

Everything for your vitality

1

MyVit

MyVit information and tips about vitality

Would you like to know more about a specific vitality offer? Then take a look at MyVit! There you will find inspiring tips about fitness, exercise, relaxation and nutrition. Practical tips that allow you to take action immediately. You also see your vitality day.

[View information](#)

Building self-confidence

Building self-confidence On Feb. 6, we celebrate Confidence Day, and self-confidence is the key to personal growth, success and overcoming...!

[Read more](#)

Laco Geleen Come and enjoy recreational skating!

It is the most enjoyable time of the year again to end on your skates! Choose the Indoor Ice Hall or find yourself at Limburg's only outdoor meter outdoor ice rink! Don't have your own skates? No problem, you can hire them at Skatingplein in Geleen.

[View information](#)

Suggestions for you from the ODS vitality offer

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Sport & Health Club de Schaapskooi

Vitality Group fitness

[View information](#)

Sport City

Echt. Eindhoven

Fitness

[View information](#)

Start2Bike

Urmund

Cycling

[View information](#)

Workout

Culebroek

Fitness Group lessons Gymnastics

[View information](#)

Laco Paal Fit Center Venray

Vitality

[View information](#)

ODS Vitality offers you much more!

Then take a look at the vitality offer on this website.

[To the complete offer](#)

Join the ODS Vitaal events

3

ODS MTB Tour

Enjoy mountain biking or graveling in the challenging surroundings of Berg en Terblijt. Sign up with your colleague!

[Info and registration](#)

Indoor Football Tournament

Get ready for an unforgettable dose of action, teamwork and fun at the ODS Indoor Football Tournament. Sign up with colleague!

[More info](#)

ODS Classic

A great cycle tour through South Limburg with 1000+ participants. For teams from organizations affiliated with ODS Vitaal and guest teams.

[Info and registration](#)

Benefit from our promotions

4

RIZPERFORM

12 weeks programma

- 12 weken programma
- 12 weken programma
- 12 weken programma
- 12 weken programma
- 12 weken programma
- 12 weken programma

[View](#)

Benefits at Work

Via ODS Vitaal you can get great discounts on major brands via the Benefits at Work platform. Save at Aldi's, Samsung, Beekoo, Bergein, Philips, Zalando, Watli, Center Parcs, ICI Paris XL and many more.

[View](#)

SUPER ACTIVE Studio RIZPerform

1x per week PF for €197,53 (normally: €279,95) OF 1x per week PF + 1x Small Group Training for €199 (normally: €270) Transform into a healthier version of yourself in 12 weeks with our Get Fit in 2024 Challenge!

[View](#)

10% Discount The Paddlers Geleen, Eijsden & Boermond

Get to know paddle and grab your code here for a 10% discount on the reservation in the off-peak hours of a paddle court at the Paddlers in Geleen, Eijsden & Boermond. Off-peak hours are: Monday to Friday, 8.00 till 16.00 hours.

[View](#)

25% Discount at Spa Sreen Maastricht

SpaSreen Maastricht, a sauna complex where luxury and nature come together, is beautifully situated in a wooded area and yet only 6 km from the Vrijthof. A beautiful building, with an even more beautiful interior, houses all conceivable wellness facilities. Of course, as a guest you can use the adjacent parking free of charge. Especially for you, as a member of ODS-Vitaal member service, you can enjoy a day of wellness at an extra competitive rate. You receive a 25% reduction on the individual events or

[View](#)

DE BASIS VAN PAREL LEVEN? DEEL JE AAN!

[View](#)

Choose your vitality mix in My ODS

If your employer is affiliated with ODS-Vitaal, you can create an account free of charge in 'My 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. Are you missing something in our offer? Send an email with your tip to info@ods-vitaal.nl.

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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