

# Find everything for your vitality in your free MyODS account



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



Your first step!



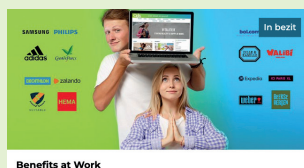
# Choose your vitality mix in MyODS



Explore a huge number of vitality actions and providers in Mindset, Exercise, Relaxation, and Nutrition

Enjoy special offers at 250+ vitality providers in Limburg

Stay up to date on the latest vitality news with the free ODS-Vitaal update!



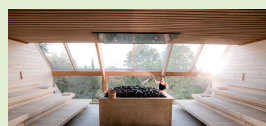
**Score great deals with Benefits at Work!**  
Get discounts on travel, fashion, sports, and relaxation.



## ODS-Vitaal programs

- Front Crawl Training
- Breathe yourself fit and vital
- Start2Golf
- Eat consciously, Eat yummy

Enjoy discount vouchers for activities like a relaxing wellness day.



**Popular:**  
Unlimited swimming in indoor and outdoor pools

Facts, tips, blogs, and recommendations that switch frequently

New at ODS-Vitaal  
Klimcentrum Neoliet Heerlen



Tropical green smoothie with coconut water and apple



Go karting with a disco at Cargo Karting Maasmechelen!



**Inspiration**  
Everything about the latest trends!

Score 15% off your seasonal pass for Steinerbos!



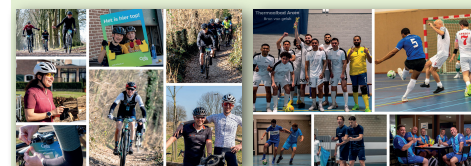
Find your flow and fully unwind with our relaxing yoga offers 🧘🏻‍♀️

15% off at Holy Hill Obstacle Run  
Are you up for the challenge?



**ODS-Vitaal events:**  
a great day for everyone!

Enjoy a fun and active day with colleagues or your family at an ODS-Vitaal event.



ODS-Vitaal MTB and Gravel Tour

ODS-Vitaal Business Indoor Football Tournament

**Exercise together, stay vital together!**



ODS-Vitaal Classic

ODS-Vitaal Business Padel Clinic and Tournament

Team building with your colleagues!  
or  
A fun day out for the whole family!



ODS-Vitaal Culinary Walk



# Switch to ODS-Vitaal. Super easy!




# Is your provider not listed? Tip us!



**If your current gym or other vitality provider is connected to ODS-Vitaal, we can easily switch your membership to an ODS-Vitaal subscription.**

**That way, you can start enjoying the discount!**

**How does the switch service work?**

- 1** Send an email to [info@ods-vitaal.nl](mailto:info@ods-vitaal.nl) with your name, phone number, and employer's name.
- 2** Provide your subscription type, the name of your vitality provider, and the price you currently pay.
-  We'll handle the rest for you!

**Do you have ideas for the ODS-Vitaal offerings, or is your favorite provider not listed?**

**We'd love to hear from you at [info@ods-vitaal.nl](mailto:info@ods-vitaal.nl)!**

Share what's missing or ask any questions, and we'll do our best to make it happen. We're always expanding our offerings.



**Phone:** 046 410 62 36  
**Mail:** [info@ods-vitaal.nl](mailto:info@ods-vitaal.nl)



Mauritslaan 49  
6129 EL Urmond

**ods-vitaal.nl**

