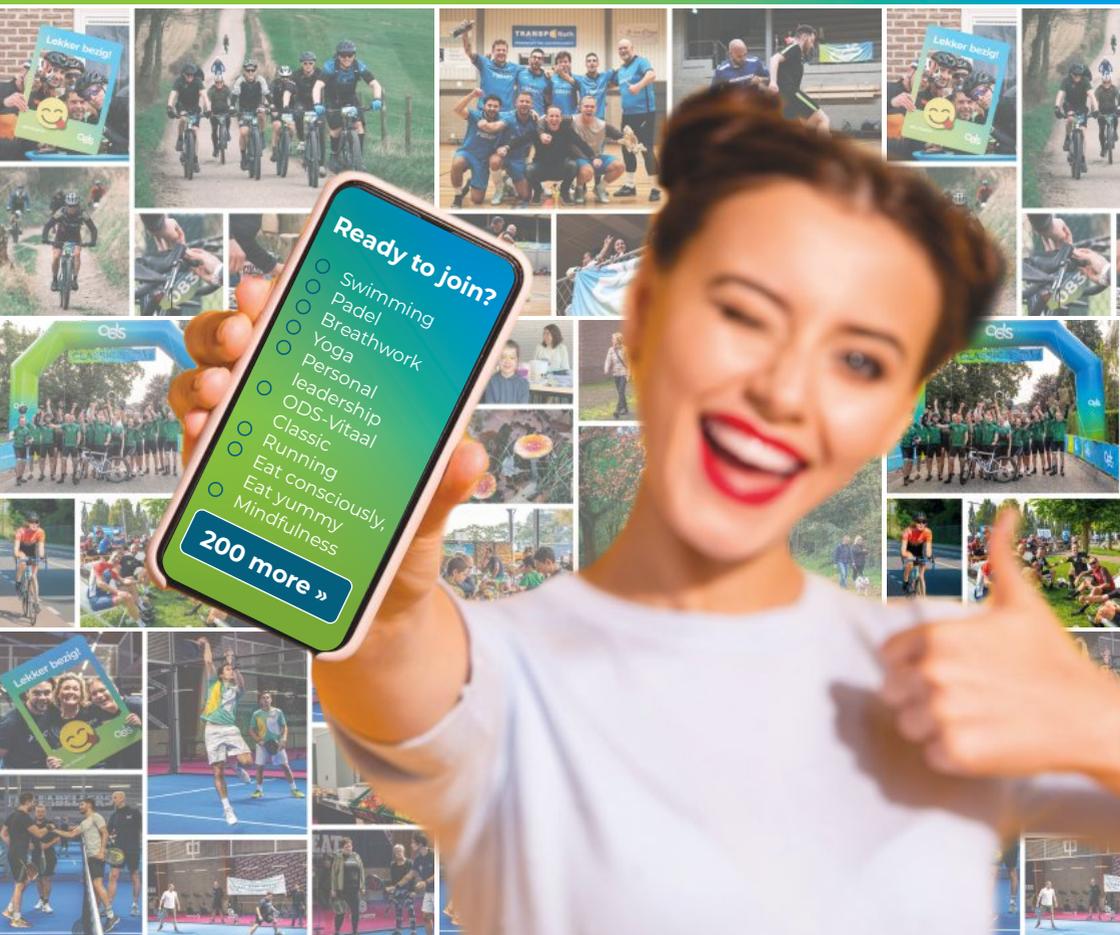


# Find everything for your vitality in your free MyODS account



Ready to join?

- Swimming
- Padel
- Breathwork
- Yoga
- Personal leadership
- ODS-vitaal Classic
- Running
- Eat consciously,
- Eat yummy
- Mindfulness

200 more »

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

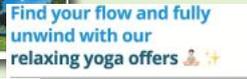
- Front Crawl Training
- Breathe yourself fit and vital
- Start2Golf
- Eat consciously, Eat yummy

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



## 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)



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