

# Our menu

Here you will find a selection from our total Progress range. In consultation, this can be part of one of our packages or can also be purchased in a different composition. An extensive description of all these products can be found on our website.

**Are you interested or do you want to know more?  
Ask our Fitness coaches.**

## Seminars and webinars

- Eating for your health
- Nutrition and habitual behavior
- Stop dieting, start eating healthy
- Reduce stress with nutrition
- Strengthen your immune system
- Sleeping well at night
- Work pressure and work-related stress
- Work – private balance
- Learning to take a break
- Happy and creative Solutions
- Proactively managing your vitality

- Digital Wellbeing
- Increasing your resilience
- Working 2.0
- Preventing the immediately virus
- Introducing mindfulness
- Reducing stress with mindfulness
- The power of positive thinking
- Mental toughness
- Burn-out prevention
- Survival techniques at the office
- Personal leadership
- Better breathing

## Exercise

- HIIT / Bootcamp
- Core training
- Yoga / Pilates
- Circuittraining
- Boxing
- Tai Chi / Qi Gong
- Running
- Active breaks / Pop up

## 1-on-1

- Workplac advice
- Physiotherapy
- Lifestyle coaching
- Nutrition consultation
- Chair massage
- Health Checks

## Specials

- Icebath (+ breathingworkshop if wanted)
- Periodic Medical Examination
- Lifestylequiz
- Dancingworkshop
- Padel clinic
- Different kind of challenges (sporty)