

Welcome at the in company fitness location at High Tech Campus in cooperation with High Five Health Promotion

Thank you for the interest you showed for in company fitness provided by High Five Health Promotion. We would like to support you during your improvement and / or maintenance of your health. Targeted training, professional support and fitness assessments and tests play a major role. We would like to invite you for in company fitness. Together, we will start with an individual fitness assessment and personalized training schedule after receiving your application forms.



High Five Health Promotion, the partner in health management.

As soon as you start your fitness programme you will meet the fitness coaches of High Five Health Promotion. We would first like to introduce our company to you. High Five Health Promotion has over twenty years of experience in in company health management. More than 185 of our employees stimulate and motivate tens of thousands of participants to be active with their health each day on our 55 in company fitness locations. These leading companies, like ministries, banks, schools, insurance companies, commercial organisations and public and health companies are spread throughout the whole country. High Five Health Promotion provides in company fitness, company physiotherapy, fitness assessments, life style programmes and an online health platform (fitness.nl). Sports, physical medicine, relaxation, tests and specific progress and prevention are all offered with professional support by High Five Health Promotion.

What to expect from your in company fitness programme

The High Five Health Promotion programme has several components. For a safe and responsible start of the individualized training schedule we will begin with a fitness assessment . You can participate in Fit by Cycling, Tae-Bo, Circuit training, Pilates, Kick&Punch, Fitness boxing and floor sessions, health modules in the domain of weight control, prevention of CANS, prevention of lower back problems, the heart and blood pressure and in finding a healthy work-life balance.

Apart from the fitness assessment and the group training sessions, the individualized training schedule is an important element within the programme of High Five Health Promotion.

These individualized training programmes can be started with a basic programme of four training schedules and continued with several advanced schedules.

The basic training schedule targets on basic conditioning and improving the knowledge about responsible movement. The advanced schedules aims to further improve the basic condition and to work toward a specific goal based on the results of the fitness assessment or personal preference.

Importance of the fitness assessment.

Your fitness is the base of your health. Your fitness level improves with regular movement and sports. A good fitness level decreases chances of health problems. When you want to improve your health you can win a lot by increasing the amount of movement. To find out which form of movement is best for you, you need to know your strengths and weaknesses in fitness. By checking several components of your fitness level, you will know your challenges. By testing and retesting, the training results can be made visible.

What is a fitness assessment?

Our fitness assessment contains two important components of fitness: Body Composition and Stamina. Feedback about the result of the measurements will be given at the end of the fitness assessment.

What to expect from the fitness assessment?

Fitlinxx, a digital coaching system. This will help you and us to optimize our guidance. HOW? Through a kiosk which you can not only use to read new things about the Wellness Centre but also to communicate, receive/send messages to your own personal instructor and view your training program. Your training results will be registered into Fitlinxx so that you can see the results at home on the internet at www.hightechcampus.com tab "The Strip".

The training

Introduction training

Before starting your personal training schedule, you will participate in an introduction session. During this introduction session, the training schedule, the use of the training machines and important training principles will be explained.

Basic programme

After the introduction training, we will start with the first basic training schedule. There are four of these basic training schedules (each for 5 training sessions) to ensure a sensible start up.

Evaluating training

Around the end of the fourth basic training schedule you will receive an evaluation of the training sessions so far with the fitness coach of High Five Health Promotion. During this "fitness chat" we will set goals for the advanced training schedules based on your personal wishes, needs and health goals.

Additional test

At the start of the First advanced training schedule an additional test will be done. This test will be specific for the goals set during the evaluation. For goals in the area of weight control we can measure your weight and body composition, for goals in the area of endurance a test for endurance will be carried out.

Advanced schedules

An advanced schedule consists of 20 sessions. During or after every training schedule you can set new goals in the same target area or change goals. The new training schedule will be aimed at improving toward that goal. The advanced training schedules targets weight control, cardio, muscle strength and muscle endurance. We also have sport specific training schedules, like our runners schedules.

Floor sessions

At set times you can participate in group wise floor sessions, with the accent on the abdominal muscles. On the training roster you can see at which times group wise floor sessions are offered.

Group sessions

Apart from the individual fitness training you can participate in the following group sessions:

Kick&Punch

Within the kick&punch the Group lesson the Wavemaster XXL kickbags are used for kicking and punching. The stamina of the legs, glutes, arms, chest and shoulders are trained. Under the guidance from uplifting music the exercises are intense and will take place in a high tempo. Calories will be burned and the muscles will be toned. Everybody can join. The technique how to use the bags will be learned during the lessons. Explore and have fun!

Tae-Bo

A combined training from martial arts and aerobics. It's for improving the condition. The training will be given under the guidance from music. The lesson is based on a warming-up, ground exercises and a cooling down.

Fit by cycling

You will train on a special stationary bicycle with a fly wheel. External motivation will be given through music and an enthusiastic instructor.

Circuit training

In this lesson more attention is given to endurance and strength through a varied circuit training.

Fitness boxing

Mainly your condition, power, strength, speed and the technique of boxing will be trained. The workout focuses on the body.

Fit by Relax

Fit by Relax is the workout, where will develop flexibility and strength. As a result you will feel focused and calm. Breathing techniques, concentration, stretch exercises, movements en posture will create a workout that will bring you in a state of harmony. You will feel vital afterwards.

Zumba

Zumba is the new fitness hype all around the world, and not without a good reason. You want that perfect body, but do not want to work-out in the fitness school all day. Than Zumba is the solution for you. Zumba is dancing and swinging on Latin music. You don't even notice that you are actual burning calories and losing weight, it is so much fun.

Fit by Power

Fit by Power is de originele barbell les op muziek waarbij je de kracht en het uithoudingsvermogen van de spier traint.

Floor exercises

These exercises are instructed 8 times a day. Within this 15 minutes workout your are training the strength and the coordination of the upper body. Also exercises to mobilize will be given.

How to subscribe for in company fitness?

You can administer your subscription with the fitness coach of High Five Health Promotion. You will then receive the subscription forms and he or she will plan an appointment with you for the fitness assessment. After the fitness assessment an appointment will be made for the introduction session.

Part of the subscription forms is the statement of consent, in which you declare to be informed about possible risks, regulations and the possibility for High Five Health Promotion to use your records (anonymously) for scientific purposes. By signing this consent you agree that High Five Health Promotion maintains your records. This consent is mandatory, considering the personal data protection act.

You can send the completed subscription forms in a closed envelop to:

Campus Wellness Center, High Tech Campus, The Strip 1e or you can bring them to the in company fitness centre.

Safe and sensible

Safe and sensible movement is necessary in case you want to reach your health related goals. Based on the completed forms it can occur that we advise you to consult a (company) doctor prior to training. He or she might give you specific directives to train in a sensible way.

Participation

The fitness coach of High Five Health Promotion contact participants who miss training sessions without a cancellation or that have been absent for a period of a month. Please inform the fitness coach about (planned) absence for the fitness assessment, introduction training or the (group) training sessions.

Questions?

In case you have further questions we are willing to help you.
Please contact one of our fitness coaches.

Regulation Campus Wellness Center

1. Within training hours, all employees of the High Tech Campus Eindhoven, are welcome to use the facilities of Campus Wellness Center unlimitedly.
2. The contribution for participation is 22 euro's per month. Or 242 euro's for one year. (paying 11 months for training 12 months in advance). In the future indexing is possible. This contribution is cashed by bank draft. Foreign employees without a Dutch bank account can pay by pin of credit card at the Campus Wellness Center.
3. The monthly subscription done by pin or credit card is 25 euro and will automatically extend. The payment is done in advance. The cancellation occurs in writing with a cancellation form.
4. The year subscription will automatically extend. You will be informed by email before extending. The cancellation occurs in writing with a cancellation form.
5. It is not possible to put the subscription on hold based on injuries, etc.
6. Participants must be member of Campus Sport which is the overall Campus sports club. This membership costs 5 euro's a year and is collected by Campus Sport.
7. Membership must be for the minimum of a calendar month.
8. The cancellation takes one full calendar month when having a monthly subscription. Cancelling occurs in writing with a cancellation form. When having a year contract and you are leaving the Campus the subscription can't be extended. The cancellation forms are available at the counter of the Campus Wellness Center.
9. Participation to the exercise programme occurs in your own free time.
10. During the trainings, participants can use a heart rate monitor. These must be cleaned and handed in after training.
11. Wearing clean sports shoes is obliged. Neat and comfortable training clothes are advised (For example a t-shirt and shorts. No halter shirts).
12. From a hygienic point of view the use of a towel during training is obliged.
13. If you want to fitness during pregnancy seek medical advice.
14. It is possible to follow one free (group) lesson.
15. As a (not) Philips pensioned employee from the Campus you may fitness at the Campus Wellness center. Wellness center preserve themselves the right for a declaration of your Public Resources Management department. Moreover we preserve the right for designated hours.
16. Access to the Campus Wellness Center is with an access badge. This badge costs 2 euro's. Holders of the Campus badge can be authorised on their own badge and are as a result, excluded from the specific access badge.
17. In advance every participant signs an approval declaration in which he/she i.a. agrees to this regulation.
18. Summer campaign 3=2: the subscription will extend automatically each month. To end the subscription the cancellation occurs in writing with a cancellation form. The cancellation takes one full calendar month.

Campus Wellness Center
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