

LIFESTYLE COURSE - FIND YOUR BALANCE

Location: SSC, Conference Room

Price: FREE

Period: Every Quartile

Day & time: Tuesday | 18h30 - 20h00

Equipment: A pen and sportswear for lesson 2

Instructor: Yvonne de Kinkelder



WHAT YOU CAN EXPECT

When we think of a healthy lifestyle, we often think of intensive sports or super-healthy food. In this course, however, we look for a balance that fits *your* life. We teach you how small steps can make a big difference, even if you like a nice snack and drink in time. We do not only look at balancing your physical effort, but also at balancing your mental, social, nutritional and rest/sleep patterns. Think of feeling better about yourself and having a higher energy level, which makes you feel more competent in the things you do. Beneficial for keeping up the busy student life.

It is an accessible course that helps you to set up a plan to make serious steps in your life; whatever your goal is. It's all about the right balance!

Small steps to a healthy lifestyle: sign up for the Lifestyle course!

REGISTRATION

You can sign up for the course by sending an email to Yvonne de Kinkelder → y.c.h.d.kinkelder@tue.nl.

LifeStyle Course

