



SSC
Eindhoven

Online Fit Break

An active break at your workplace

Did you know that on average we spend 80,000 hours of our working lives sitting? For office workers who spend an average of 9.6 hours a day at work, on the road and at home, sitting is one of the most harmful health risks.

So do you need a break while working or studying? Get re-energized and join our online Fit Breaks! On Mondays, Tuesdays and Thursdays, we host online Fit Breaks at 3 p.m. with a different theme each day.

What is a Fit Break?

In a 15-minute online session, you'll take the break you need, get (stretching) exercises from a professional instructor, and socialize with others through MS Teams! You don't need sportswear. Every Monday, Tuesday and Thursday our Fit Break instructors will be there for you during your well-deserved break. These will take place at different times during the day, so there is always a suitable time for an active break with our Fit Break. Furthermore, Fit Break invitations will show up in your Outlook calendar, so you will get a reminder every time and never forget your active break.

How can I sign up?

When you join the Fit Break Club you never forget your necessary breaks. Send an email to y.c.h.janssens@tue.nl to join for free and get an invitation to our MS Teams Channel.

