

## RUN TO RELAX

*Running for vitality!*

### What is Run to Relax?

The concept of Run to Relax is aimed at implementing an easy paced running routine. This improves the body's reaction and healing capacity brought on by the tension of everyday life. The program is not driven by achievements but rather focusses on making running an enjoyable habit; you will feel fitter, mentally and physically!

### What are the effects of the Run to Relax training?

- Mental and physical vitality
- An increase in energy
- Time for yourself and self-care
- Decrease in negative feelings
- Improved sleep
- Greater self-confidence
- Calmer state of mind
- Healthier lifestyle

### Who is Run to Relax for?

Everyone who wants to improve their capacity to overcome the physical and mental strains of daily life, will benefit from Run to Relax. Running not only improves physical health but also promotes psychological well-being. Persons with stress-related conditions such as: symptoms of depression, neck & lower back pain, RSI, fatigue and difficulty sleeping would greatly benefit from this program.

During the intake your current health condition is evaluated to ensure no limitations to joining the training.

#### Our Run to Relax training is structured as follows:

- Individual Intake & test (physiotherapy insurance)
- 11 group training sessions (€ 110)
- Independent training at least once a week
- Out take: personalized follow up plan (physiotherapy insurance)
- Duration of the program: 13 weeks
- Maximum group size: 10

**Costs:** See next page

**Trainer:** Physiotherapist, specialised in running therapy



Run to Relax			Costs of individual participation in a group		
			If insured for physiotherapy		If not insured for physiotherapy
Week	What	Time (min)	Physiotherapy	Costs	Costs
Wk 1:					
	Individual intake + test	60	Intake + 1 session	€ 0	€ 80
Wk 2:					
	Group Training 1	60		€ 10	€ 10
	Independent Training				
Wk 3:					
	Group Training 3	60		€ 10	€ 10
	Independent Training				
Wk 4:					
	Group Training 5	60		€ 10	€ 10
	Independent Training				
Wk 5:					
	Group Training 7	60		€ 10	€ 10
	Independent Training				
Wk 6:					
	Group Training 9	60		€ 10	€ 10
	Independent Training				
Wk 7:					
	Group Training 11	60		€ 10	€ 10
	Independent Training				
Wk 8:					
	Group Training 13	60		€ 10	€ 10
	Independent Training				
Wk 9:					
	Group Training 15	60		€ 10	€ 10
	Independent Training				
Wk 10:					
	Group Training 17	60		€ 10	€ 10
	Independent Training				
Wk 11:					
	Group Training 19	60		€ 10	€ 10
	Independent Training				
Wk 12:					
	Group Training 21	60		€ 10	€ 10
	Independent Training				
Wk 13:					
	Individual Outtake	30	1 session	€ 0	€ 40
<b>Total costs insured   not insured for physiotherapy</b>				<b>€ 110,00</b>	<b>€ 230</b>

More information? [info@fysiocompanycare.nl](mailto:info@fysiocompanycare.nl) 040 237 68 38