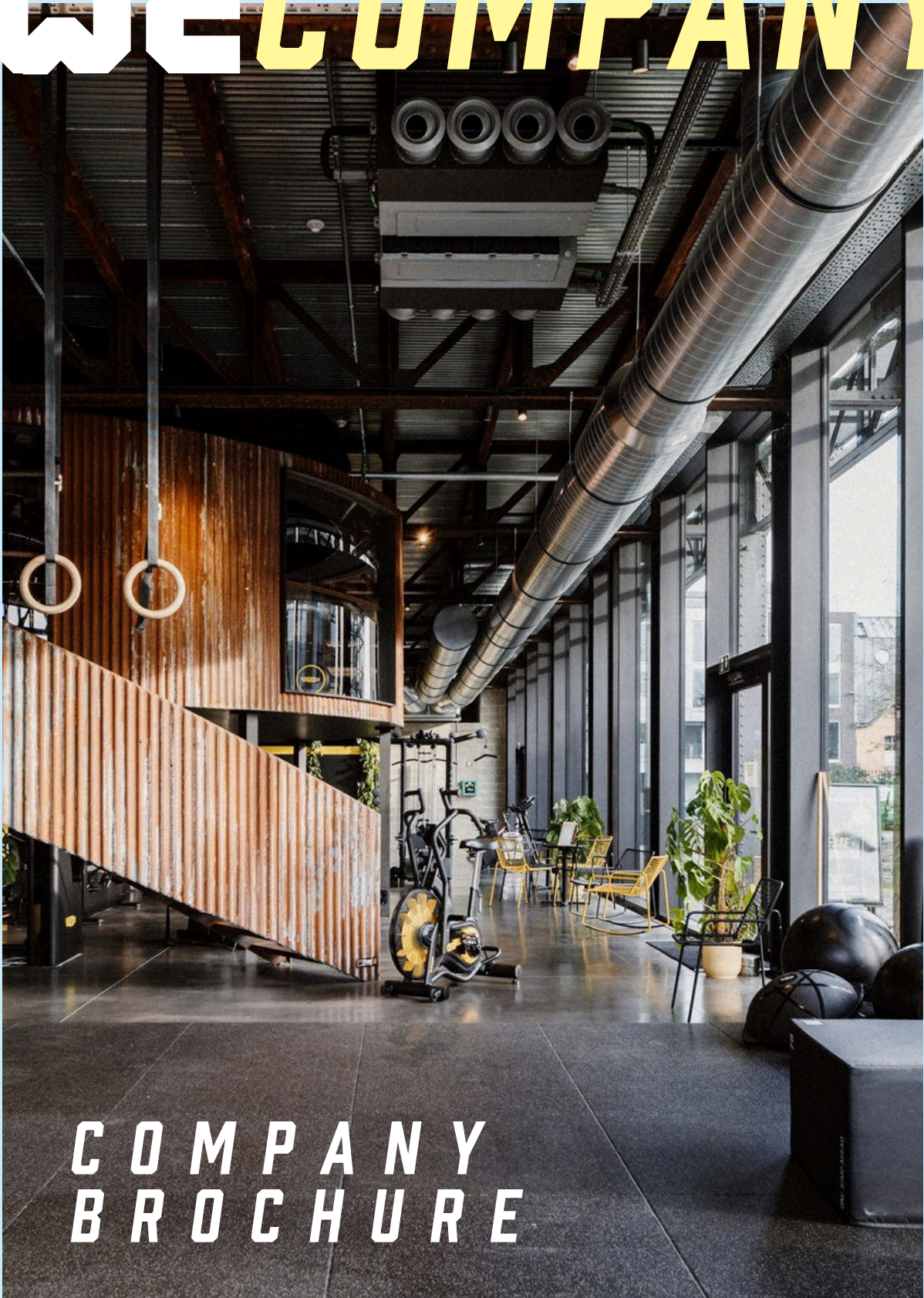


THWC — DAILY MOVEMENT

# THWC COMPANY



COMPANY  
BROCHURE

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## OUR STORY

The Healthworks Company was founded in 1992 by Peter Couvent, initially under the name "Fithuis." Peter graduated as a physiotherapist, but it quickly became clear that he was mainly inspired by helping people adopt a healthier lifestyle. Since people often lack the energy to train or exercise after a long workday, Peter decided to offer his services to companies.

It started with a small fitness room at Coca-Cola, but due to its success, the gym relocated three times to larger facilities. Gradually, The Healthworks Company's approach also found success with other companies, and today, THWC is the market leader in successfully managing corporate fitness clubs. In addition, it offers a wide range of health programs and supports numerous vitality projects.

"It feels like just yesterday that we inaugurated our first Corporate Gym. As a pioneer in corporate wellness, we have continuously pushed our boundaries ever since."

## OUR MISSION

The Healthworks Company aims to make employees healthier by creating changes in people's habits. With a scientifically-based and structured approach, The Healthworks Company strives to ensure that businesses have healthier, more productive, and more satisfied employees.

THWC not only focuses on physical activity but approaches corporate fitness from a holistic perspective, with adequate attention given to nutrition, sleep, and mental health.



## OUR VISION

Promoting a healthier lifestyle means changing people's habits. That's why, at THWC, we believe in an approach that gets people moving daily. Our focus is on corporate fitness, where an on-site gym provides employees with a dedicated space to train. This allows staff to integrate physical activity into their daily routines, leading to long-term progress. This also increases value for the employer.


With the right guidance, our trainers can teach healthy habits in areas such as sleep and nutrition. That's why we choose experienced coaches with extensive knowledge of the fitness industry and all aspects of a healthy lifestyle.

## OUR CLIENTS

Thanks to this dedicated vision, The Healthworks Company has been working for several years with partners such as Deloitte, Coca-Cola, Exxon Mobil, Levi Strauss, ING, Jan De Nul, M Studio, MurMuur, Delhaize and others...



# 2 HEALTH CLUBS



**AS THE MARKET LEADER IN CORPORATE FITNESS IN FLANDERS AND BRUSSELS, WE ARE ALWAYS LOOKING FOR A CUSTOMIZED SOLUTION FOR YOUR COMPANY. EVERY BUSINESS HAS ITS OWN NEEDS AND DESIRES, AND THIS ALSO APPLIES TO YOUR CORPORATE FITNESS. WITH HIGH-QUALITY TAILORED SOLUTIONS, WE ENSURE THAT YOUR CORPORATE FITNESS IS WIDELY SUPPORTED.**



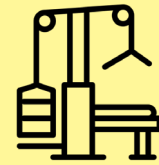
*BUSINESSPLAN*



*INSIGHT INTO THE COST  
STRUCTURE*



*FOLLOW UP ON THE  
IMPLEMENTATION*



*INSIGHTS IN THE RANGE OF  
FITNESS EQUIPMENT*



*INTEGRATION OF A POPULAR  
CLASS OFFER*

**WE OFFER ADVICE AND SUPPORT FOR A SMOOTH START. THANKS TO CLEAR COMMUNICATION AT EVERY STEP OF THE COLLABORATION, YOU WILL ALWAYS KNOW WHAT TO EXPECT AND AVOID ANY SURPRISES.**



Nowadays, we prefer not to refer to corporate fitness anymore. We now talk about “health clubs,” as our perspective on workplace movement extends far beyond just the aspect of physical activity. The workplace of tomorrow will look different from today; Covid-19 has accelerated this change. Corporate headquarters are becoming smaller, decentralized hubs will emerge across the country, and remote work is here to stay. For this reason, we ensure that the workplace becomes a meeting place where colleagues feel inspired, energized, and connected.

We facilitate this through our holistic approach. Fitness is no longer the exclusive domain of coaches. A dietitian will also have

a permanent place in the fitness center, along with a physiotherapist who helps people with rehabilitation and a psychologist who addresses mental well-being. This way, the “Health Club” adds much more value and transforms the workplace into a pleasant place to be and connect.

Throughout this transition, we provide you with professional advice. Continuity is also guaranteed, as we staff the Health Club with quality coaches after the planning phase. From personal training to yoga classes and from spinning to boot camps, we leverage our network of over 2,500 coaches spread across Flanders and Brussels to make your Health Club a success story.

### **CORETRAINING**

In this core training class, we will specifically focus on your core stability, core endurance, and core strength. Together, we will ensure that you can navigate life with a stronger posture through the right stretching and strengthening exercises.

### **STRETCH & RELAX**

A delightful class where we begin with a general warm-up for the entire body, followed by various stretching exercises for all muscle groups. We will conclude the session with relaxation exercises.

### **YOGA**

Yoga is suitable for everyone, especially during times of stress and physical inactivity! It can help bring more balance to your life and allow you to reconnect with yourself. Enjoy a more flexible body, greater inner peace, and reduced stress levels.

### **PILATES**

Pilates primarily strengthens the deep abdominal muscles. It helps you develop proper body posture, a flexible back, and improved breathing, all while building strong and supple muscles. Importantly, these results are achieved without muscle soreness or injury.

### **HIIT**

With HIIT, you burn more fat in less time. The high-intensity intervals keep your body burning fat for hours after your workout. Even when you're back home sitting on the couch, you're still burning calories! Challenge yourself, shed fat, and get fit with HIIT!

### **BBB**

Want to fire up your glutes, legs, and abs? Let's go! In this 30-minute to 1-hour workout, we'll tackle it at every level to give our muscles a real boost. Join us to reset together and power through the day with full energy!

### **BOOTCAMP**

Varied training sessions featuring functional exercises can greatly support you in your daily life. Here's how it can work: you repeat a functional exercise for 1 minute, then rest for 30 seconds before moving on to the next exercise for another minute, and so on. This approach not only enhances strength and coordination but also helps improve your overall fitness levels.

### **ZUMBA**

Zumba is a dance workout inspired by Latin American rhythms. These classes are not only intense but also incredibly fun. The word "Zumba" literally means "to move fast and have fun!" It's a fantastic way to improve your fitness while enjoying vibrant music and energetic movements.

### **URBAN DANCE**

Urbance is a dance style that emerged in major cities like New York in the early 20th century. It encompasses various forms of street culture dance. Breakdancing and street dance are integral parts of the broader hip-hop culture. Let your body go and express yourself fully through urban dance!

### **REGGAETON**

Reggaeton is a Latin music style influenced by reggae, raggae, dancehall, hip-hop, and traditional music. This South American "hip-hop style" is characterized by its pumping beats. The accompanying dance style is bold, sexy, and uptempo, making it a vibrant and energetic form of expression.

### **BOXTRAINING**

An intensive cardio boxing workout that alternates boxing with bodyweight exercises. In short, it's a full hour of high-energy action! (This is available only in-person, not online.)



**THE SCHEDULE OFFERS  
A PERFECT BLEND OF  
ACCESSIBLE CLASSES AND  
CHALLENGING SESSIONS!**



# 3 ONLINE PERSONAL COACHING

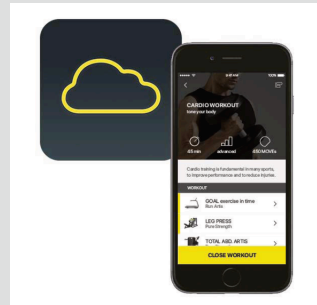
## HOW DOES IT WORK?

The coach schedules an online intake with the participant.

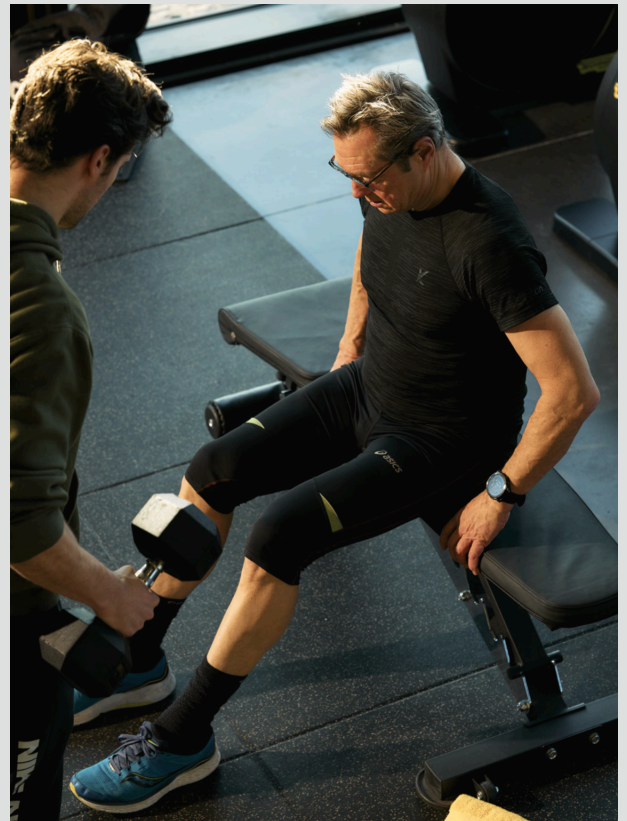
Things we take in consideration:

- >> Fitness level
- >> Eating habits and sleep
- >> Injuries
- >> Future goals
- >> Work/life balance

The 'Post-Covid era' is here, and the 'new normal' is not just an empty phrase. People are becoming accustomed to achieving things in an online environment. We, active in the corporate fitness sector, had to go back to the drawing board and are launching a new online coaching program.



During the intake, the coach schedules an initial training plan through the MyWellness app. Using the chat functions, they can provide feedback and adjust the training sessions as needed. All data is recorded and available for the coach to tailor the program specifically for each individual.



At the end, participants experience a high-quality one-on-one training plan without the need to meet the coach in person. They feel more energized, healthier, and simply fitter. After two months, 93% of participants reported a very positive experience from the program.

## TESTIMONIALS

**“A BIG THANK YOU TO MY EMPLOYER FOR GIVING ME THE OPPORTUNITY TO PARTICIPATE IN THIS PROGRAM. IT CAME AT JUST THE RIGHT TIME. A LOT OF INFORMATION IS SHARED ABOUT HOW TO MAINTAIN A HEALTHY EATING PATTERN AND HOW SMALL MOVEMENTS CAN MAKE A BIG DIFFERENCE.” M.B.**

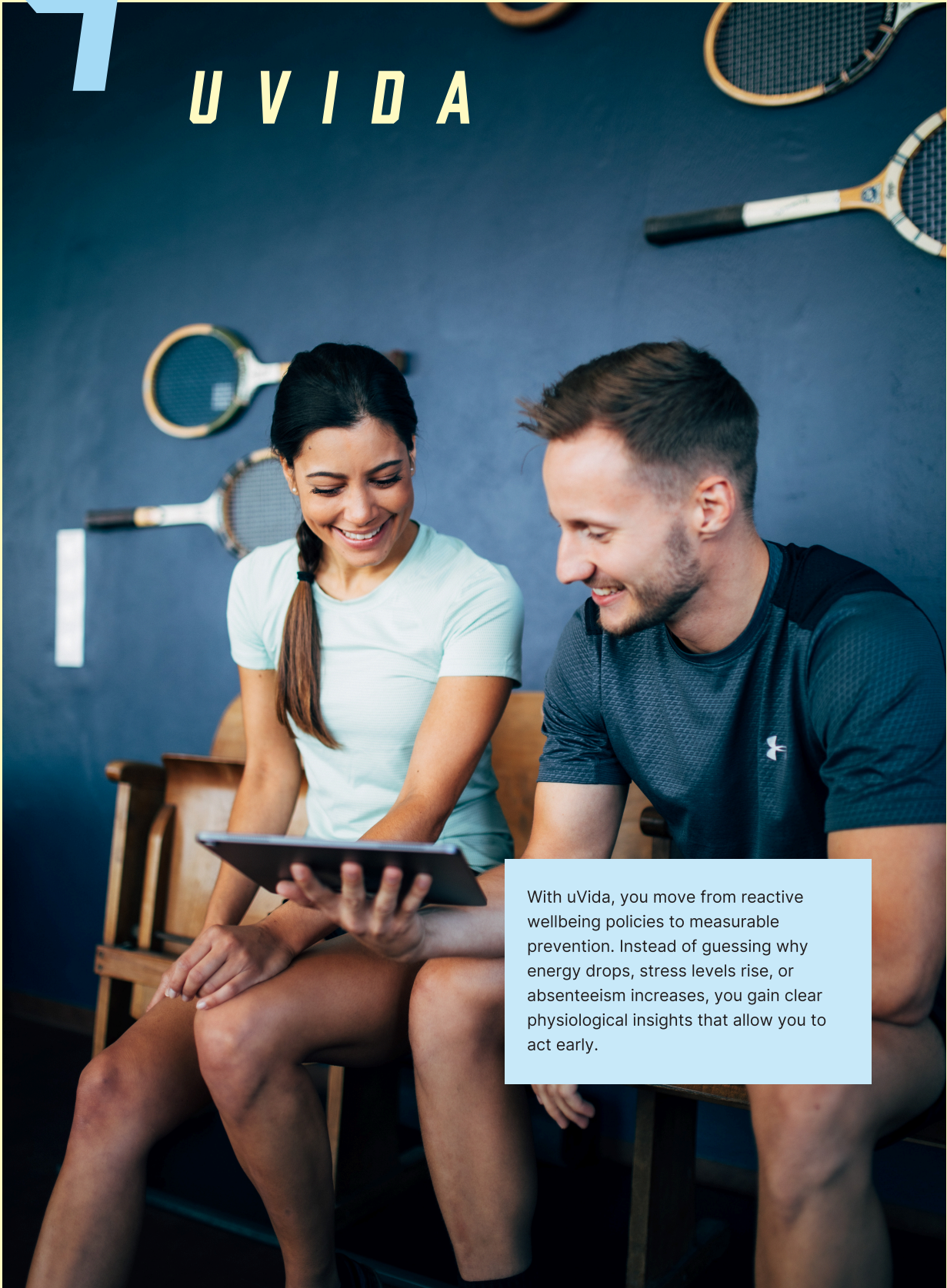
**“THE PACE WAS PERFECT, AND THE COACH COMPLETELY UNDERSTOOD ME—BOTH MY ATHLETIC GOALS AND THE WAY TO ACHIEVE THEM.” L.C.**

**FOR INQUIRIES ABOUT THE ONLINE PERSONAL COACHING PROGRAM, PRICING, OR ONLINE EXERCISE SESSIONS, PLEASE CONTACT US AT [HELLO@THWC.BE](mailto:HELLO@THWC.BE).**



# 4

## UVIDA



With uVida, you move from reactive wellbeing policies to measurable prevention. Instead of guessing why energy drops, stress levels rise, or absenteeism increases, you gain clear physiological insights that allow you to act early.



## WHAT IS UVIDA?

At The Healthworks Club, we offer companies the opportunity to work with uVida – an advanced breath and metabolism analysis system that makes health and performance measurable. With the uVida Dynostics device and its accompanying app, employees can easily gain insights into their metabolism, optimal training zones, and nutritional needs.

This state-of-the-art technology combines precise respiratory gas analysis with user-friendly software to generate personalized training and nutrition recommendations. It enables individuals to train more efficiently, prevent physical complaints, improve fat burning, and boost overall performance.

The uVida app automatically processes the test results and translates them into clear, actionable advice. From ideal heart rate zones and fat-to-carbohydrate burning ratios to recovery strategies for stress—everything is tailored to the individual.

What are the benefits?

For your organization, this means:

- A scientifically validated wellness tool to support coaching and employee wellbeing
- Quick and efficient testing – results in under 30 minutes with no bloodwork required
- Trackable progress for individuals and teams
- A powerful solution to encourage long-term behavioral change and healthy habits

uVida empowers your employees to take control of their health, become fitter, and perform at their best—both physically and mentally.

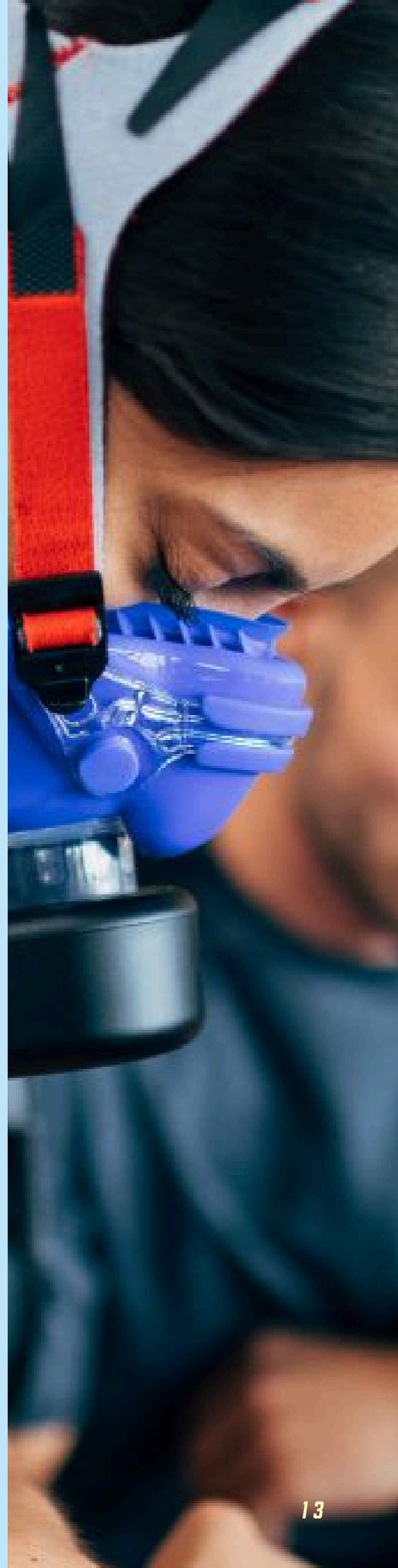


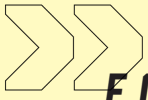
## ACTIVITY ANALYSIS

With uVida Activity, a 20–30 minute step test measures respiratory gases to determine exactly which heart rate zones are optimal for efficient and sustainable training. This gold-standard, scientifically validated method forms the basis for truly individualized exercise and endurance plans.

The analysis provides clear data on personal pulse ranges, FATmax (maximum fat metabolism), and the individual anaerobic threshold (IAAS) — the key transition point between fat and carbohydrate use. It also measures  $VO_2$  max, recovery capacity, maximum performance output, and ventilation thresholds (VT1 and VT2) for endurance-focused athletes.

The result: precise, data-driven guidance to improve fat burning, performance, recovery, and long-term health.





## FOOD ANALYSIS

In just a few minutes, uVida measures oxygen intake and carbon dioxide output to assess the body's resting metabolism. This allows for precise calculation of calorie expenditure and the balance between fat and carbohydrate use giving immediate insight into metabolic health.

The analysis reveals basal metabolic rate, total caloric needs, and energy turnover from daily activity and sport. It also shows the percentage of fat and carbohydrate metabolism, helping to identify stress levels, nutritional imbalances, or inefficient training. Metabolic flexibility indicates how easily the body can adapt and improve.

The result: clear, objective guidance to optimize nutrition, recovery, and overall metabolic health.



## STRESS ANALYSIS

The HRV and breathing values provide insights into the stress level. These are incorporated into the training and nutrition planning so that uVida delivers an overall concept that is perfectly tailored to your physical condition.

For the stress analysis, both the stress-relevant respiratory parameters and the heart rate variability values (HRV) are analyzed.

The evaluation takes place automatically.

\*Pricing on request

5

## ACADEMY



Employees often face high workloads, changes, and uncertainties. How well individuals cope with these challenges and bounce back from setbacks depends on their resilience. Fortunately, this strength, much like muscles, can be trained!

With the following workshops from The Healthworks Academy, we aim to give employees' resilience a significant boost.

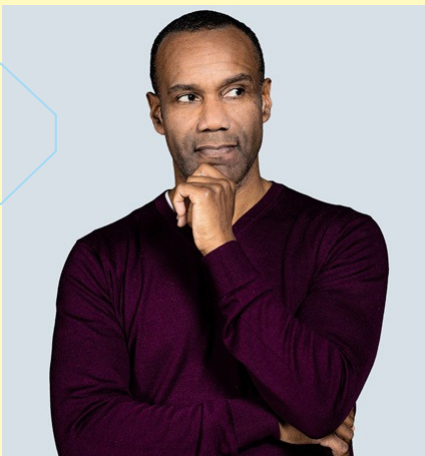
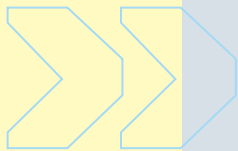
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## **MICHAEL NICLAUS**

### **QUIT DRINKING**

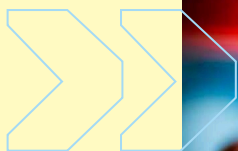
Dependency on alcohol can develop quickly. It's a myth that you need to be drunk every day to be considered an addict. Michael Niclaus encourages you to view alcohol differently. He prompts you to reflect on your drinking habits, debunks various myths about alcohol, and assists you in reducing or eliminating your consumption. Through simple exercises, you'll become aware of the underlying patterns that contribute to problematic drinking. Stopping drinking is just the beginning; the next step is to remain sober.



## **LENNARD LOUISY**

### **POSITIVE MINDSET (ENG)**

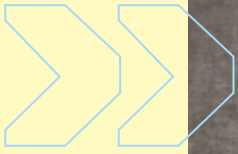
We are all living examples of resilience. We possess the capacity to face challenges. Embodying resilience means having the courage to ask for more, to speak your mind, and to tell the truth. Who dares wins... So let us inspire each other.



## **VEERLE FRANQUI**

### **RESILIENCE IS TRAINABLE**

During this workshop, participants will engage in meaningful group exercises designed to train their physical, mental, social, and goal-oriented resilience. Recognizing that the tension cannot always be high, this serious training will be interspersed with lighthearted and fun moments. The focus will be on the workplace.



**CHRISTINE WITTOECK**

**DIGITAL DETOX**

Our use of technology and digital tools has spiraled out of control. On average, an adult spends more time online than they do sleeping. This negatively impacts our well-being. Our minds no longer find rest, and we no longer allow ourselves to be bored. This leads not only to mental discomfort but also to physical issues.



**GOEDELE LEYSSEN**

**ACTIVE TOTAL BODY WORKOUT**

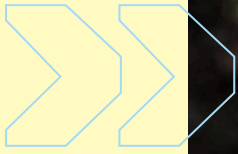
The ultimate movement workshop focused on resilience. This session features an active total body and mind workout that combines movement and cardio with stretching, breathing exercises, and meditation. It is suitable for all fitness levels, although some participants may be challenged more than others.



**STEFFI VERTRIEST**

**STRENGTH OF THOUGHTS**

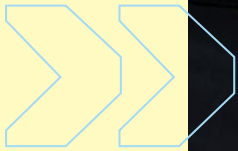
We all create a concept in our minds of who we are. What we often overlook is that this self-construction also sets the limits of our reality. As a result, we carry various false beliefs that lead to self-fulfilling prophecies in our lives. It's time to break free from these sabotaging thoughts and mental constructs and start living the super-duper-awesome life that is meant for us.



## **NINA MOUTON**

### **MILD PARENTING**

What is important for resilience in children? They need to feel heard, loved, and allowed to be who they are. Acknowledging their feelings and needs is a crucial step in this process. What we as adults often haven't learned, our children ask us to teach them. That's why self-care is so important. It's not about yet another forced yoga class; it's about checking in with yourself, allowing and listening to your own feelings and needs. Gentle parenting is not limitless; it's about finding balance, encountering challenges, and starting anew.



## **THOMAS VAN DER PLAETSEN**

### **SCHOOL OF SPORTS**

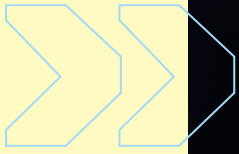
In his lecture, Thomas discusses his elite sports career, cancer diagnosis, and his return as a professional athlete. He not only shares his personal experiences as an athlete but also speaks about his interactions with cancer patients through the Back on Track Foundation.



## **VERONIQUE MAES**

### **ZEN EXPERIENCE**

Have you ever noticed that when you're relaxed, you feel better in your skin, suddenly complete those postponed tasks, find it easier to put personal worries into perspective, or simply that everything flows better? What if you could activate this flow? How can you stimulate a positive feeling of relaxation on a physical, mental, and emotional level?



**MONICA SCHETTINO**  
**STRESSMANAGEMENT**

Monica Schettino is an experienced consultant specializing in Stress Management and Burnout Prevention, Nutrition and Physical Activity. With over 15 years of experience as a people and project manager, she assists professionals in enhancing their resilience and achieving an optimal balance between physical and mental well-being. Her offering includes group-training and individual coaching in stress reduction, sleep management, healthy nutrition, and promoting a healthy lifestyle. Additionally, she provides tailored consultancy and mentoring to foster a wellness culture within organizations, ensuring that employees feel valued and motivated.



**MYRIAM KAMOUH**  
**HEALTHY NUTRITION**

Myriam Kamouh is a passionate nutrition coach from Brussels, specializing in nutrithery. With over 3 years of training at CERDEN and experience as a journalist and communication officer in the health sector, she has been helping individuals achieve their ideal weight and improve their health since 2017. Myriam guides her clients in making healthy, natural food choices, focusing on unprocessed, nutritious ingredients. She strongly believes in the power of nutrition for both physical and mental vitality and is committed to supporting others in creating a healthy lifestyle.



**CATHERINE ALLEMAND**  
**PHYSICAL AND MENTAL WELLBEING**

With a background in physical education and sports coaching, Catherine has been guiding individuals toward their health and fitness goals for 20 years. Her passion for running began at a young age, inspired by Olympic champion Marie-José Percec. Despite a challenging battle with anorexia, she fought back and became the Belgian cross-country champion in 1997. With her experience as an athlete, deep knowledge of nutrition and recovery, and dedication to mental and physical health, she offers powerful insights and inspiring stories for any audience.

# 6 TEAM BUILDING

**LOOKING FOR A FULLY CUSTOMIZED TEAMBUILDING EXPERIENCE? YOU'VE COME TO THE RIGHT PLACE! WE DESIGN A COMPLETE PROGRAM TAILORED TO YOUR NEEDS IN COLLABORATION WITH YOU, INCLUDING ACTIVITIES, CATERING, AND EQUIPMENT.**

**LOOKING FOR SOME INSPIRATION? BE SURE TO CHECK OUT OUR STANDARD OFFERS!**

TEAM BUILDING

## CITY GAMES

This GPS city game takes you on a surprising journey through both the well-known and hidden gems of the city. At each location, your smartphone presents you with a challenging question or puzzle. With a bit of creativity and teamwork, you and your team can decipher our multimedia hints. Earn extra points through fun photo and video tasks, as well as photo stickers. If you happen to cross paths with the mysterious outsider, don't hesitate to engage with him! His tasks could significantly boost your score! Keep an eye on the leaderboard, as other teams are hot on your heels!

## 2CV RALLY

Each team will have a 2CV and an "on the way" guide. Along the route, teams must solve questions and complete practical challenges. This is guaranteed to be a top event! The combination of driving a classic car, navigating through stunning landscapes, and working together to achieve a team performance are the key ingredients for a successful team event!

## BIKE RALLY

During the rally, we will cycle past some beautiful sights in the region! Participants will be divided into different teams. Along the way, there will be several stops where each team will complete a task. The better and faster the task is performed, the more points the team can collect throughout the rally.

## WHO IS THE MOLE?

I am the MOLE. I invite you to play a game with me. But beware, right now you may see me as your friend or even as a trusted confidant. And maybe you'll feel the same way on that fateful day, but know one thing... On that day, nothing is what it seems! Trust and distrust have never been so close! Welcome to the world of the MOLE!



## TAIKO

Taiko is a Japanese and modern form of percussion, offering a fun alternative to traditional teambuilding activities. The beauty of Taiko lies in the fact that everyone starts from the same point, without any prior knowledge. At first, each participant plays in their own way and rhythm, but as the session progresses, they pick up on the group's rhythm, and everyone becomes one unified whole.

## HAKA

The Haka is a world-famous phenomenon from New Zealand. Literally meaning "dance," it is often an expression of both outer and inner strength. In Maori culture, there are various types of Haka for many occasions, such as weddings, funerals, and more. Every occasion is a good one!

## FARM GAMES

Different teams put their farmingskills to the test while keeping an eye on each other's success in harvesting. The activities are diverse and always linked to farm life: haystack bowling, wheelbarrow races, egg throwing, goat milking, farm quiz, animal memory, and more. If desired, you can also try sheep herding or taste local products in between activities.

## ESCAPE TO VICTORY

Escape to Victory is a mobile escape game concept. Each team receives a large box that will gradually reveal its secrets. Once the box is opened, the countdown clock begins. By collaborating on puzzles, riddles, and team challenges, the teams will discover how to neutralize the bomb from "the Crazy Scientist."

## WHITE COLLAR BOXING

Anintensive, highly enjoyable, and challenging boxing training session designed for entrepreneurs, managers, or individuals with sedentary jobs. WCB takes place under the expert guidance of trainers who are well-versed in both the boxing and corporate worlds. WCB is respectful, safe, and non-aggressive.

## TEAM-CHALLENGE

In groups of five to eight people, participants compete against each other in a variety of challenges. The tasks can include mental challenges, physical tasks, and creative assignments. The contribution of each group member is crucial for every task. Team spirit, collaboration, perseverance, speed, agility, and tactical insight are all put to the test.

## HIGHLAND GAMES

Unleash the Scotsman in you! The Highland Games is a globally recognized event where Scottish clans competed to showcase their strength. These games bring together all the disciplines that require good teamwork: strength, collaboration, communication skills, team spirit, and a whole lot of fun!

**FOR MORE INFORMATION  
ABOUT OUR OFFERS,  
PLEASE CONTACT US AT:  
HELLO@THWC.BE**

# 7

THWC

## CHAIR MASSAGE

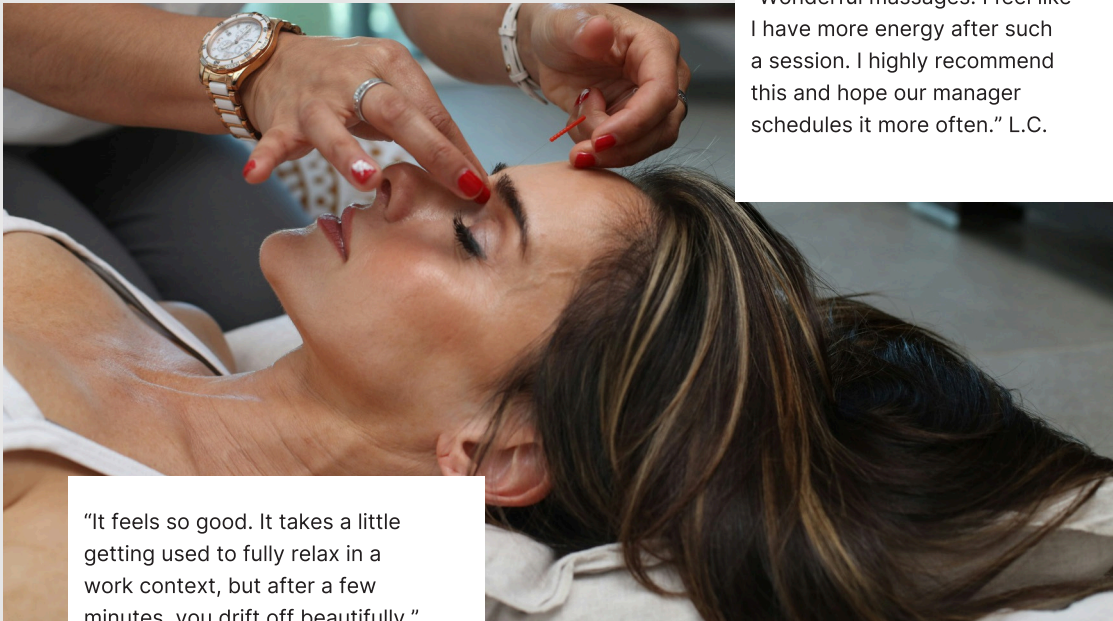
Are you looking for a simple yet effective way to relieve your employees from daily work pressure? Then a workplace massage is the ideal solution. Our professional team is available year-round to provide your staff with workplace massages, including chair massages, brush massages, shiatsu breaks, and more.

Those who regularly take a moment for efficient relaxation are better equipped to handle the hustle and bustle of everyday life. High work pressure can drain valuable energy, making it harder for employees to maintain perspective and distance themselves from stress.

### YOU CAN CHOOSE FROM THE FOLLOWING CORPORATE MASSAGE OPTIONS:

- >> Chairmassage
- >> Shiatsu Break
- >> Pencil Massage
- >> Happy Feet Experience
- >> Color Massage
- >> Crystal Massage
- >> Japanese Neck and Facial Massage
- >> Pulse Massage
- >> Stretch Massage

### TESTEMONIALS



"Wonderful massages! I feel like I have more energy after such a session. I highly recommend this and hope our manager schedules it more often." L.C.

"It feels so good. It takes a little getting used to fully relax in a work context, but after a few minutes, you drift off beautifully." M.B.

***CONTACT US FOR MORE  
INFORMATION!***

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