

A Work Walk is a healthy and great way to...

DO BUSINESS: WALK & TALK

Invite your colleagues or clients. Get to know each other better. Efficiently organize 20 - 30 minute meetings to achieve your daily steps.

REDUCE STRESS & IMPROVE PRODUCTIVITY

A Work Walk is the perfect way to relax and get rid of all the daily stress. The exercise-induced endorphins help you to feel better and increase your productivity.

BOOST YOUR CREATIVITY

Research shows that walking increases creative output and inspiration by 60 percent. This creative boost also continues for a few minutes after the walk.

DISCOVER NEW PLACES

The Campus is a vibrant place. By regularly changing routes, you discover something new at the Campus every day.

IMPROVE YOUR HEALTH

Being active helps you lower your blood pressure, cholesterol and also reduces your risk of future heart problems.

INCREASE YOUR ENERGY LEVEL

Going for a Work Walk when you are tired is a more effective energy boost than grabbing a cup of coffee. Walking increases the flow of oxygen through the body.

Which Work Walk do you choose today?



Dommel

Cows, batcave, frog pond, river

2,43 km / 3100 steps / 27 min.



Sports Forest

Discovery Forest, cricket pitch, MTB track

1,92 km / 2500 steps / 20 min.

Heather

Sand martin wall, forest, heather landscape

2,2 km / 2900 steps / 22 min.

Lake

Farm, community garden, bees, boardwalk

1,83 km / 2400 steps / 20 min.

HIGH TECH CAMPUS
EINDHOVEN



Do a Work Walk every day!

Work Walk is a vitality concept that helps to improve your quality of work and life.

Discover more insights and benefits at:
www.hightechcampus.com/workwalk

We developed our Work Walks in collaboration with:

TU/e
EINDHOVEN
UNIVERSITY OF
TECHNOLOGY

Improve your health, mood & productivity

4 beautiful routes for you to enjoy



At the Campus, there is visual signing on all routes that will guide you in the right direction.

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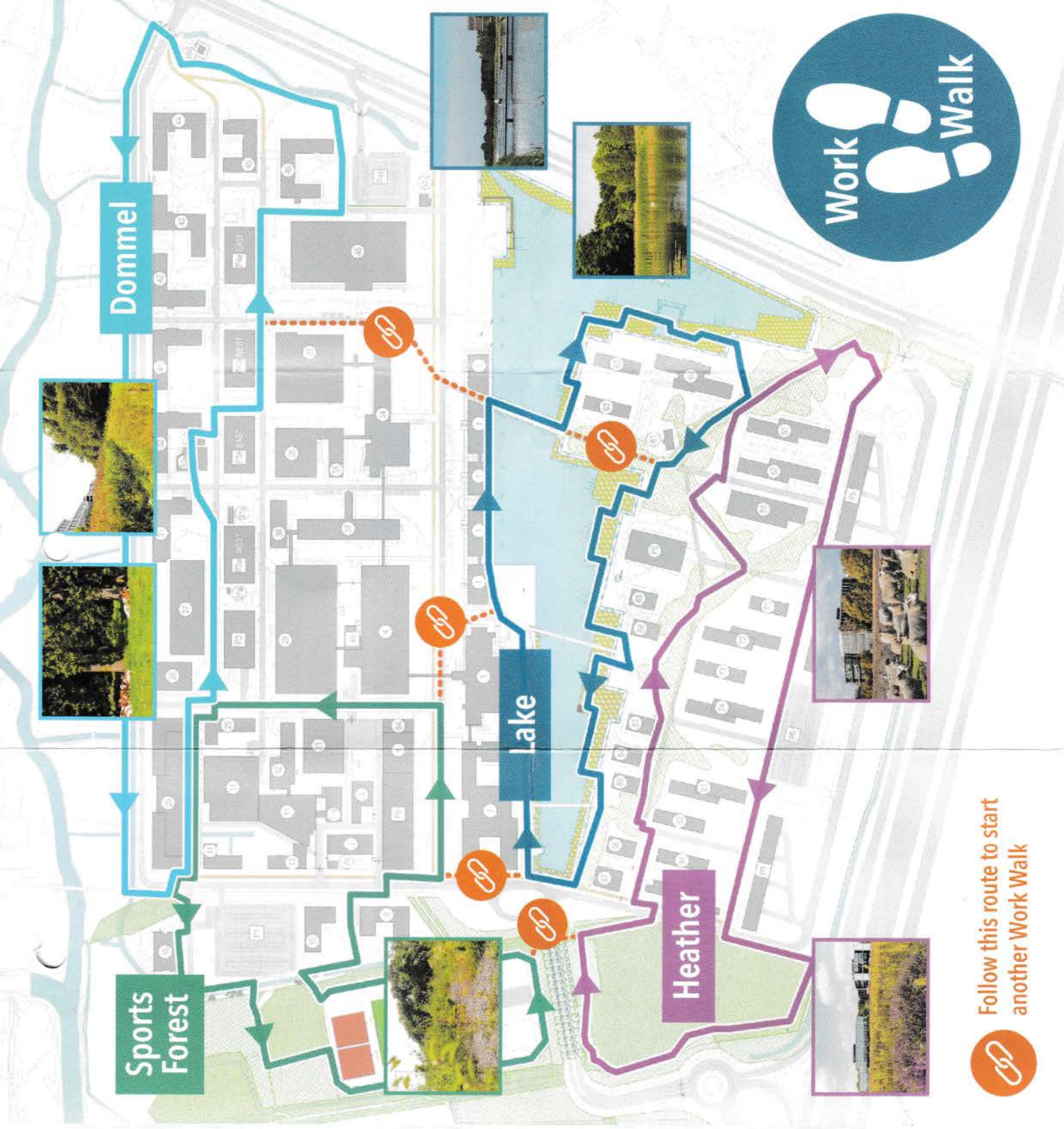
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Follow this route to start another Work Walk

