

# 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



Improve your health,  
mood & productivity

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](http://www.hightechcampus.com/workwalk)

We developed our Work Walks  
in collaboration with:

TU/e EINDHOVEN  
UNIVERSITY OF  
TECHNOLOGY



## 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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Follow this route to start another Work Walk

