

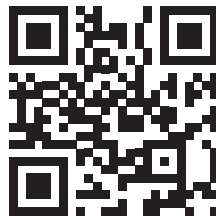
Fit Mix-challenge

DON'T JUST SIT STILL – MOVE AND GET FIT





JOIN IN
WITH
FIT MIX-
CHALLENGE



bit.ly/3M90UXp

A SERIES OF EXERCISES EVERY DAY

During the exercise, you may feel some strain or stiffness but you should not feel any pain. If you have ongoing pain, the exercises should not cause any additional pain.

www.idewe.be/fit-mix-challenge



A COMBINATION OF SPECIFIC EXERCISES
TO KEEP YOUR BODY IN SHAPE



FOR THE
UPPER BODY



FOR THE
LOWER BODY



FOR THE
WHOLE BODY

WORKING



Exercises to
get joints
moving.

STRETCHING



Stretching a muscle group
to train and improve the
flexibility of that muscle
group.

CIRCULATION



Circulation exercises
promote blood
circulation, for example
in the legs.

MUSCLE GAIN



WITH OR
WITHOUT
ELASTIC

An elastic band or
resistance band is a
training tool to enhance
exercises and strengthen
your muscles.

SERIES

1



Turn your head to the left and right.



Tilt your head up and look at the ceiling then down at the ground.



Bring your left ear to your left shoulder and vice versa.



SERIES

1



Sit at the front of your chair.
First put your back in a concave position and then in a convex one.



Stand up, stand on your toes and then back with your heels on the ground.



Stand up, lift your toes and then put them back on the ground.



SERIES

1



Move your arms (elbows 90°) backwards. Hold this position for 5 seconds and return your arms to the front.



TO STRENGTHEN THE MUSCLES IN YOUR UPPER BACK, YOU CAN USE A RESISTANCE BAND (ELASTIC).

ATTACH THE ELASTIC BAND TO A DOOR HANDLE OR SIMILAR.



WITH THIS **EXTRA TIP** YOU CAN BECOME YOUR COMPANY'S IN-HOUSE GYMNAST!

Olympic Champion? You do not have to go that far. But a healthy dose of exercise is a good idea.

So here's a handy tip:
consciously make healthy choices, such as taking the stairs instead of the lift. It might seem small, but it has an impact.



SERIES
2



Push your chin down
(make a double chin) and hold
this position for 5 seconds.
Then relax your neck/head.



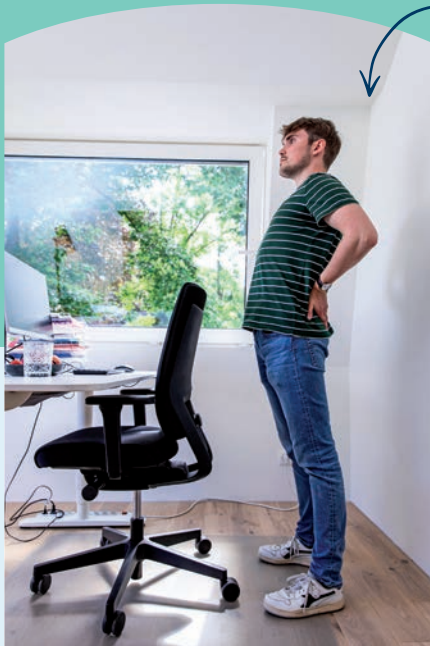
Lift your shoulders and
then lower your shoulders.



Roll each shoulder backwards
and then forwards.



SERIES
2



Stand upright, put your hands on your lower back and stretch your back.

5x



Place your feet hip-width apart and slowly bend your knees. Make sure your knees are pointed slightly outwards and keep your back in a neutral position.

5x



SERIES
2



Stretch your arms back with the elbows straight. Hold this position for 5 seconds and return your arms to the front.



TO STRENGTHEN THE MUSCLES IN YOUR UPPER BACK, YOU CAN USE A RESISTANCE BAND (ELASTIC).

ATTACH THE ELASTIC BAND TO A DOOR HANDLE OR SIMILAR.



WITH THIS **EXTRA TIP** YOU WILL BECOME THE MICHAEL OF MICHELLE JORDAN OF YOUR COMPANY

Dribbling across the pitch every day? There are other ways to move more.

So here's a handy tip:
your lunch break is the perfect time to move around more.

Go for a walk alone or with colleagues, or play table tennis. This is healthy and good for the team.



SERIES
3



Cross your hands over your shoulders and turn your torso to the left and then to the right.



Cross your hands over your shoulders and tilt your torso to the left and then to the right.



Stretch your left arm and tilt your torso to the right. Hold this position for 5 seconds and then do the same to the left.



SERIES
3



Stretch your arms up and hold this position for 5 seconds. Then lower your arms again.



Stand up straight, stretch your right arm up and over (you can out your left hand on your hip) with your torso leaning to the left. Hold this position for 5 seconds and then do the same to the right.



SERIES
3

Bring your left knee to your chest and hold this position for 5 seconds. Then do the same movement with your right leg.



Place the elastic behind your shoulders-upper back. Stretch your arms and now move your arms forward.



SERIES
3



Spread your fingers, close your hands and make a fist.



Stretch both arms forward (shoulders 90°) and move your left and right shoulders forward alternately. In this exercise, you will work your upper back.



WITH THIS **EXTRA TIP** YOU WILL
BECOME THE LIONEL OF LILIANE MESSI OF
YOUR COMPANY

Become a top football player?
There are easier ways to keep
moving.

So here's a handy tip:
do not always take the shortest route. Park farther away from the building entrance, or come by bicycle, go to the toilet on another floor or get your coffee in another cafeteria. Extra steps, extra healthy.

SERIES
4



Extend your right arm with the back of your hand towards you and pull your fingers towards you with your left hand. This will make you feel a (gentle) stretch at the bottom of your forearm.



Keep stretching for 5 seconds and change sides.



Extend your left arm with the palm of your hand towards you and pull your fingers towards you with your right hand. This will make you feel a (gentle) stretch on the top of your forearm.



SERIES
4



WITH THIS **EXTRA TIP** YOU CAN BECOME
THE TIA OR THEO HELLEBAUT OF YOUR
COMPANY

Jumping 2.05 metres?
No need to set the bar so high.

So here's a handy tip:
drop by to see a colleague
to ask for something instead of
sending an e-mail. It is healthy and
much more efficient than
sending e-mails back and forth.



Bring your right heel to your seat,
hold this position for 5 seconds
and then do the same with your
left leg.



SERIES
4

Place your forearms against the wall (shoulders 90°), lean against the wall with your feet away from the wall and keep your body straight. Tighten your abdominal and buttock muscles. Hold this position for 10 seconds.

Variation: You can make the exercise harder by moving your feet further away from the wall.

Variation: Lift one foot off the ground and stretch your leg backwards. Hold this position for 5 seconds and change the leg.



Place both feet on the elastic and hold the elastic with both hands. Bend and stretch your elbows.

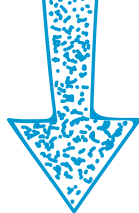




DISCOVER THE
FIT MIX CHALLENGE
ON YOUTUBE



bit.ly/3jCQPFi

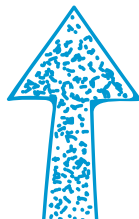


FINISHED THE FIT MIX CHALLENGE AND LOOKING FOR MORE EXERCISES?

Discover an extra workout
to try out here!



bit.ly/3vwVjCm





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