

INSPIRATIESESSIE S1 - 'S JACOBZAAL

HOE WORD JE VITAAAL 100 JAAR?

David van Bodegom

**oud goud
verzilveren**

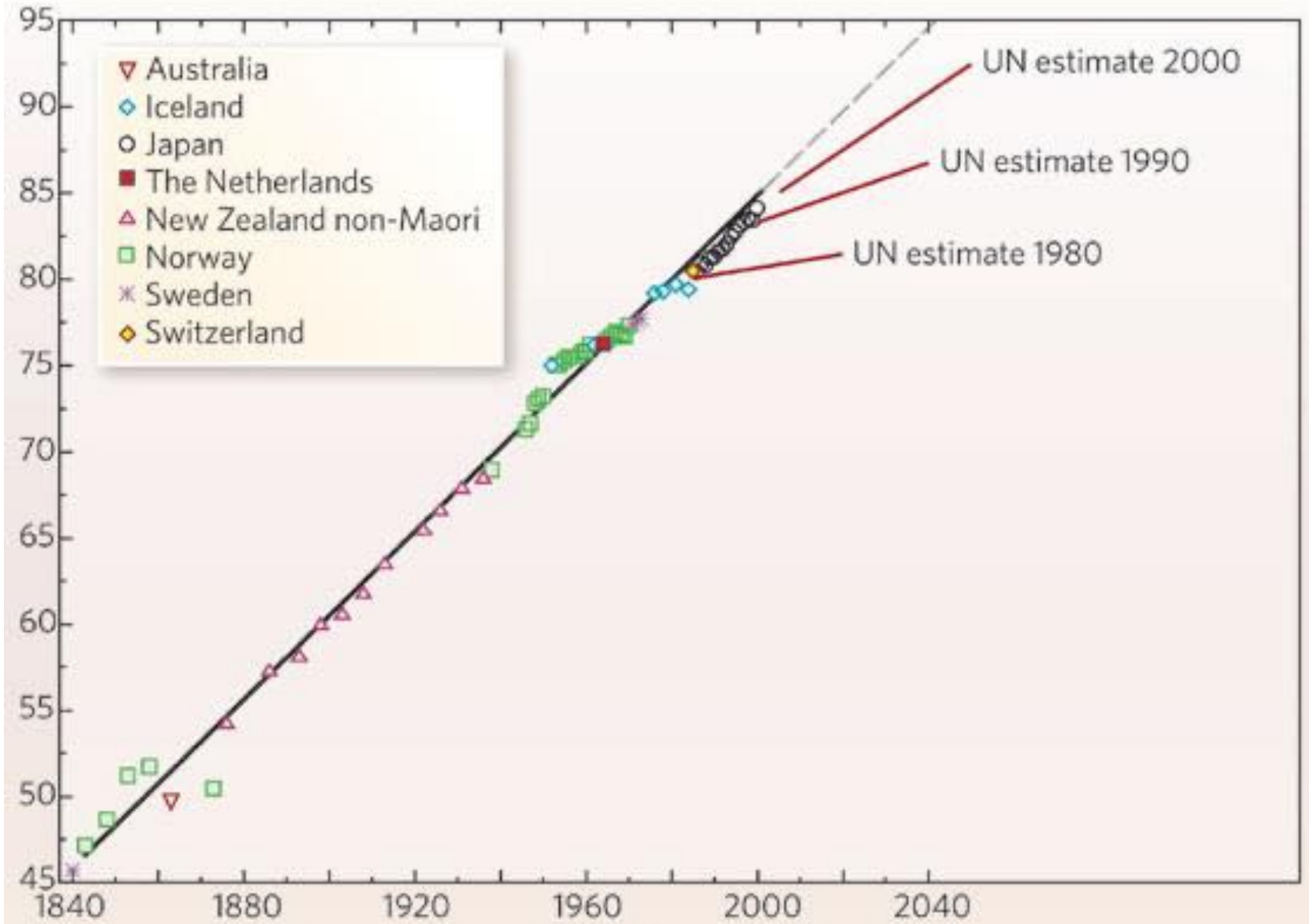
Lustrumevent
Vereniging Oud-Medewerkers HU

 netwerk: 'PausHuize' wachtwoord: 'PausHuize'



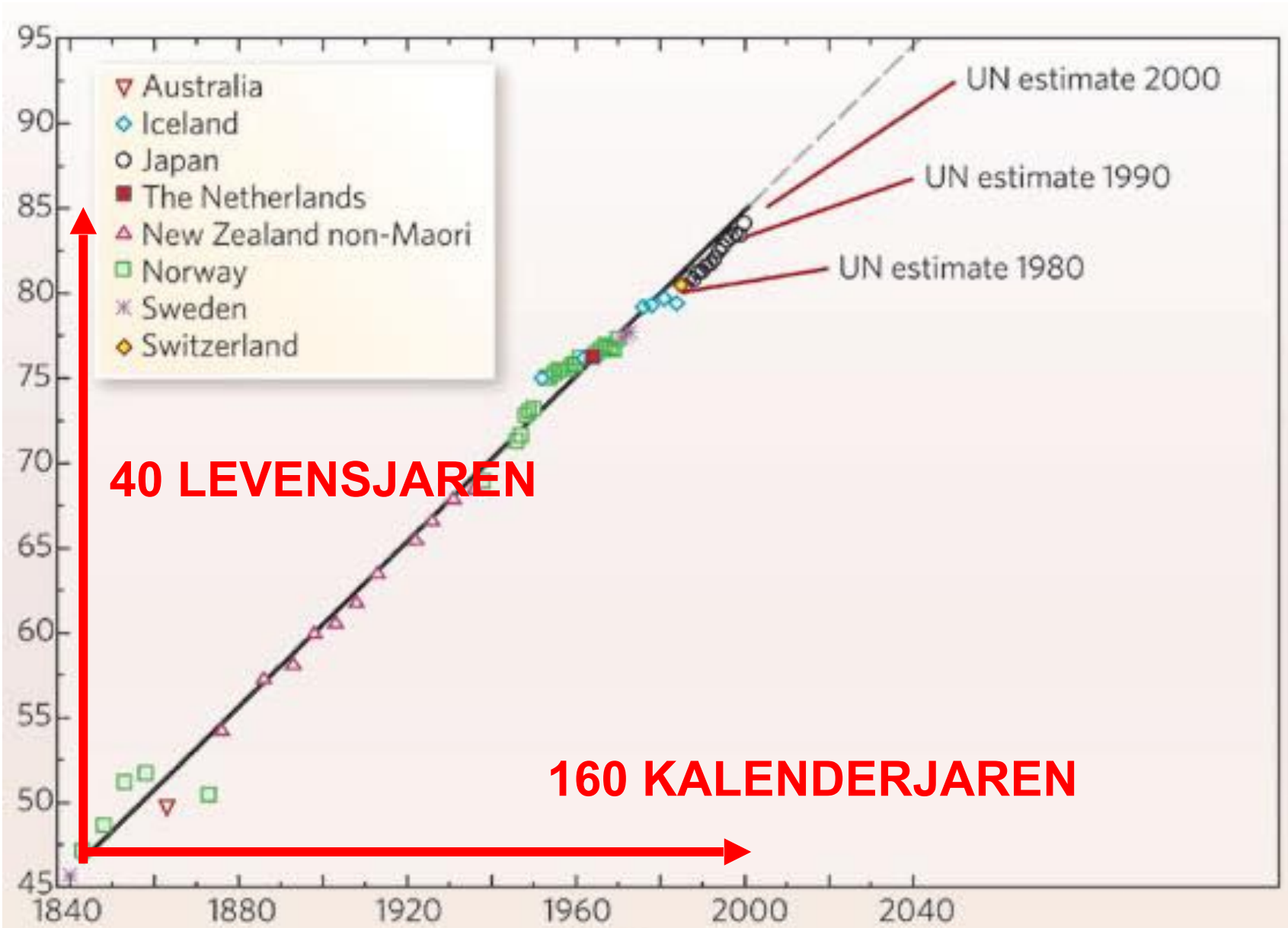


Levensverwachting



Kalenderjaar

Levensverwachting



40 LEVENSJAREN

160 KALENDERJAREN

Kalenderjaar

PER 160 KALENDERJAAR -> 40 LEVENSJAAR

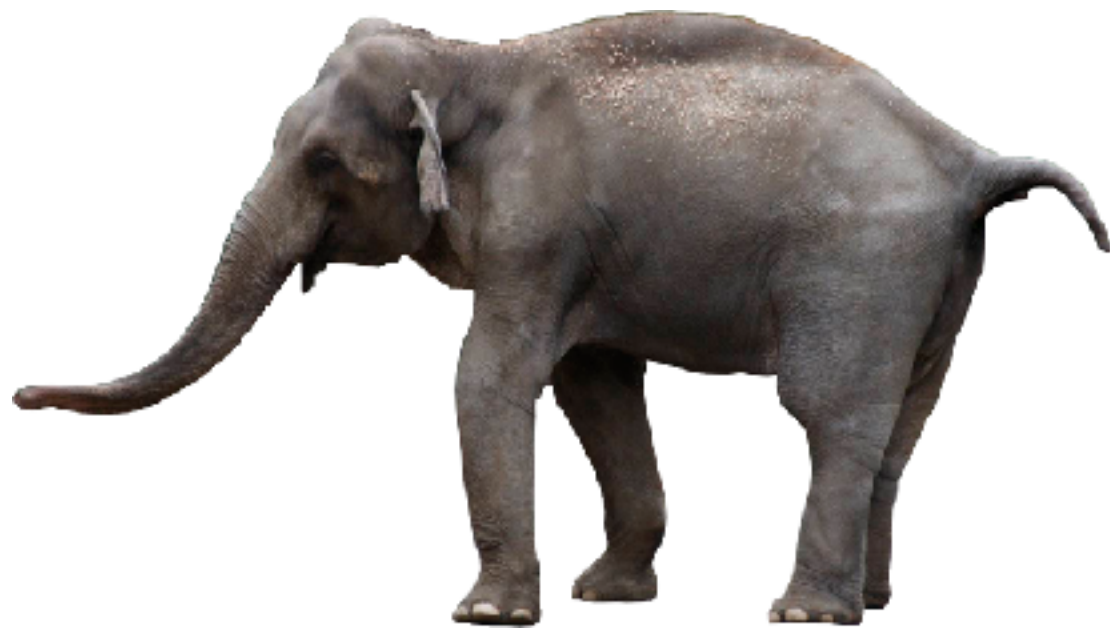
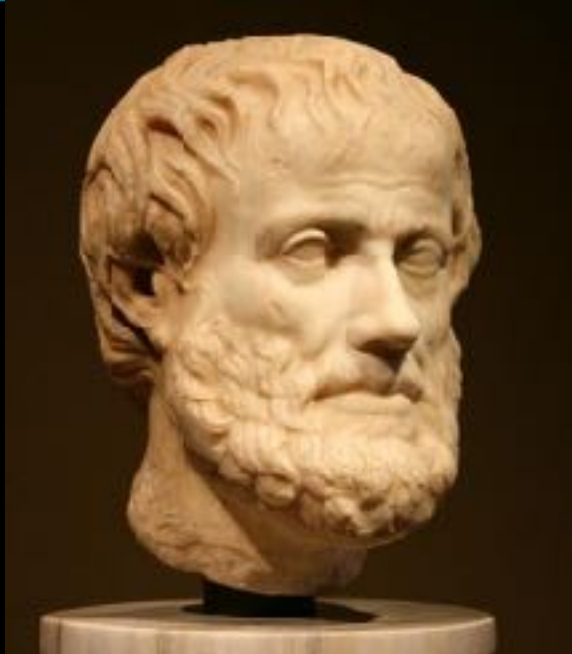
PER 10 KALENDERJAAR -> 2,5 LEVENSJAAR

PER KALENDERWEEK -> 2 LEVENS DAGEN

**U KRIJGT ER IEDERE WEEK
EEN WEEKEND BIJ!**







SCHADE

HERSTEL



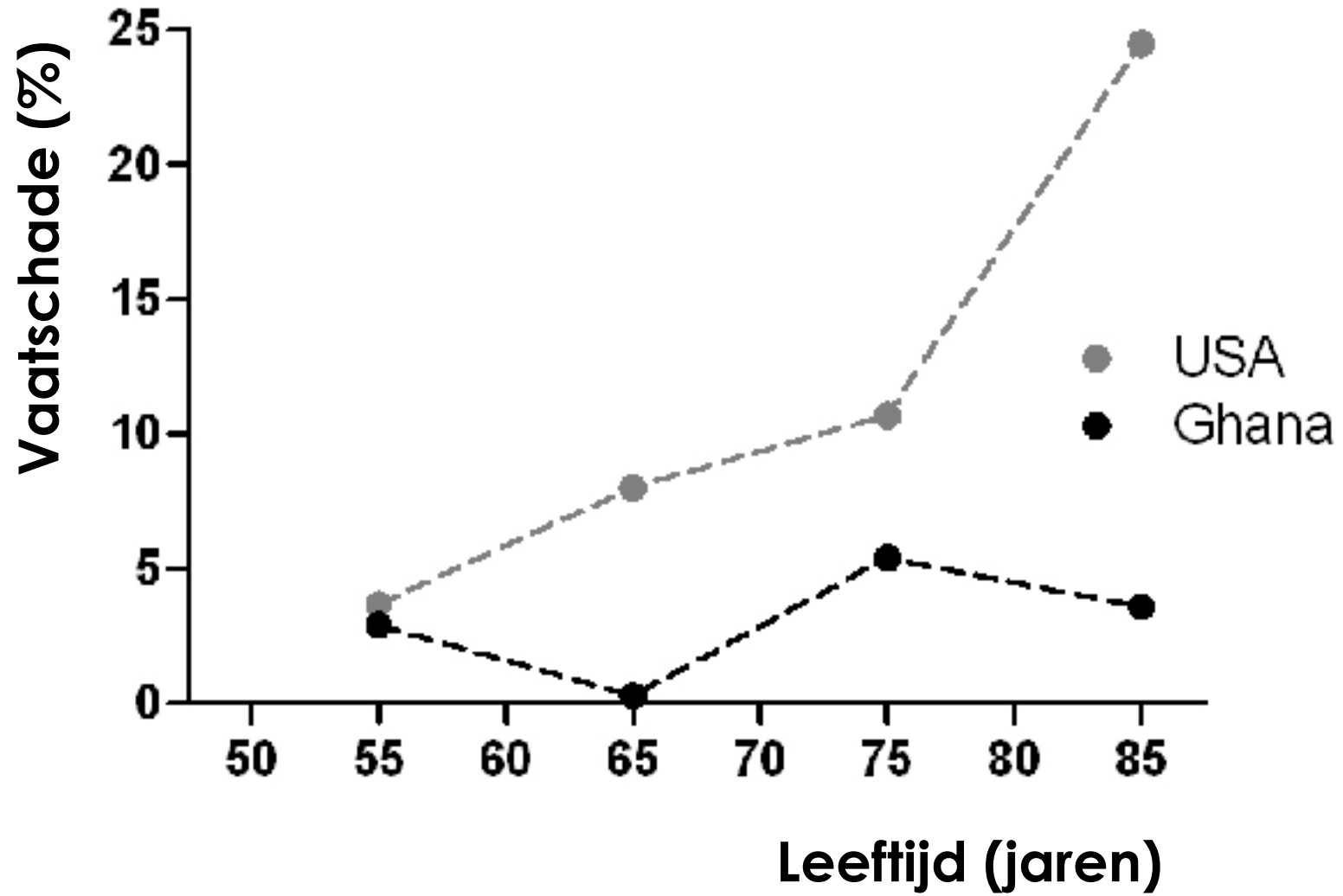






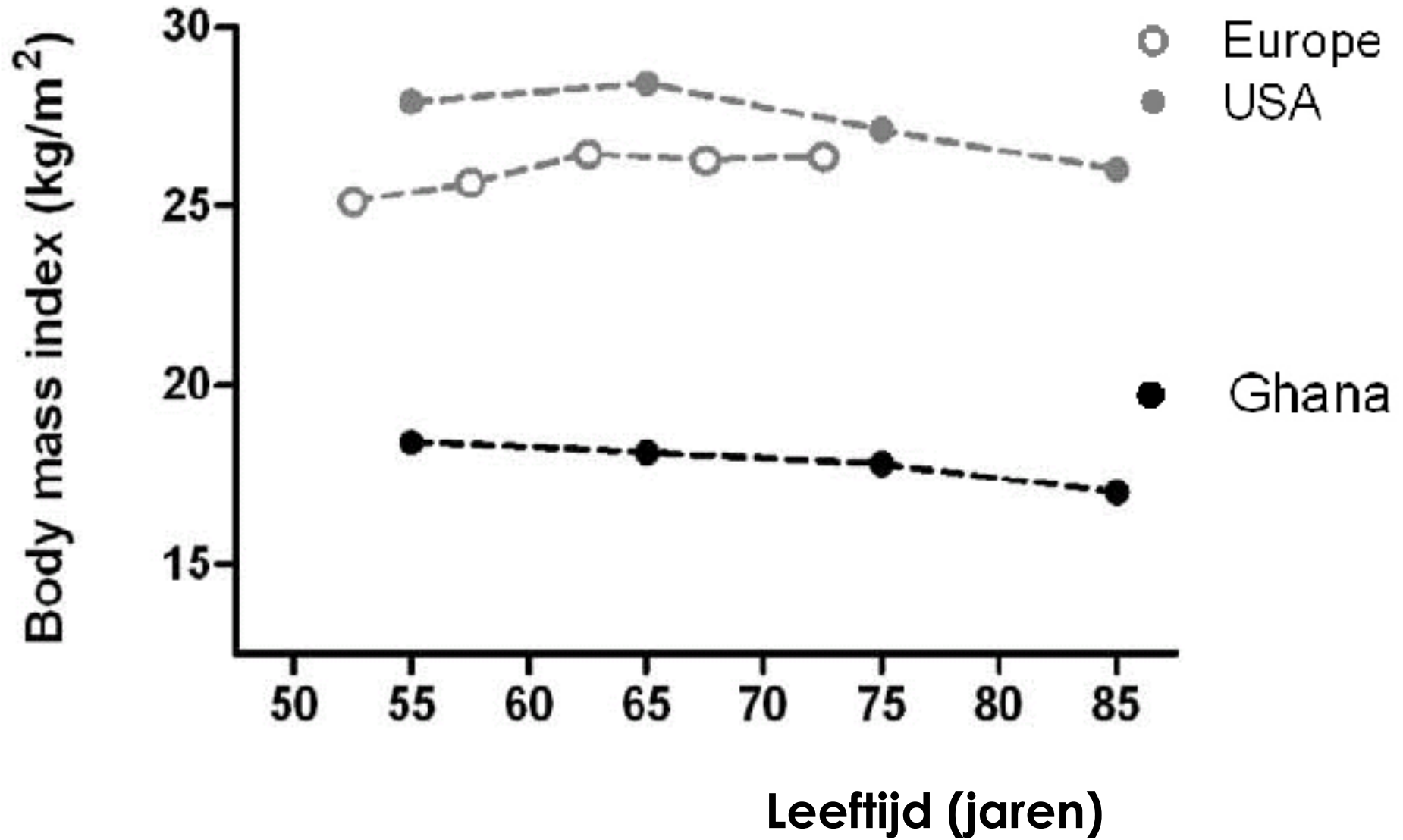




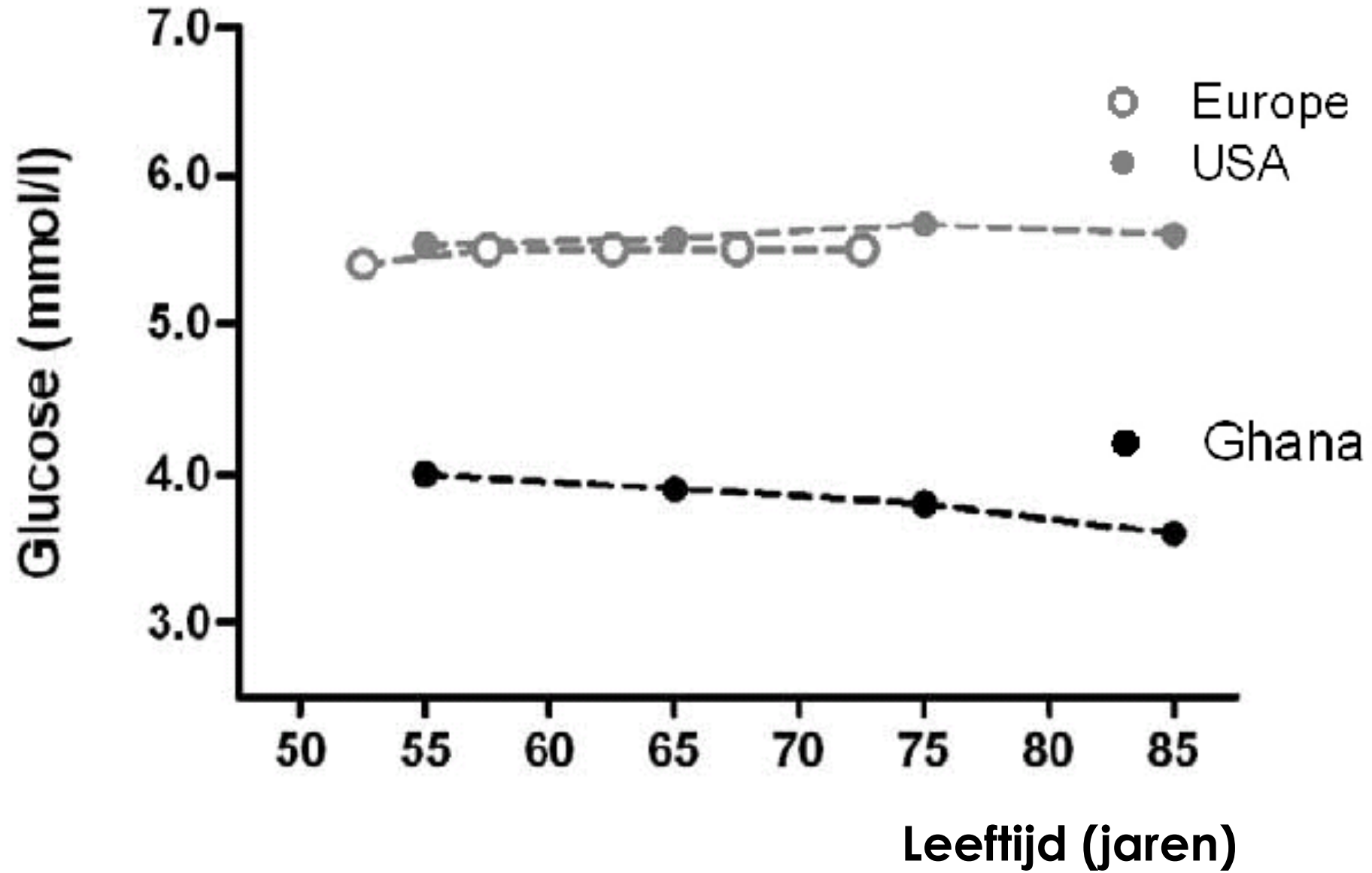


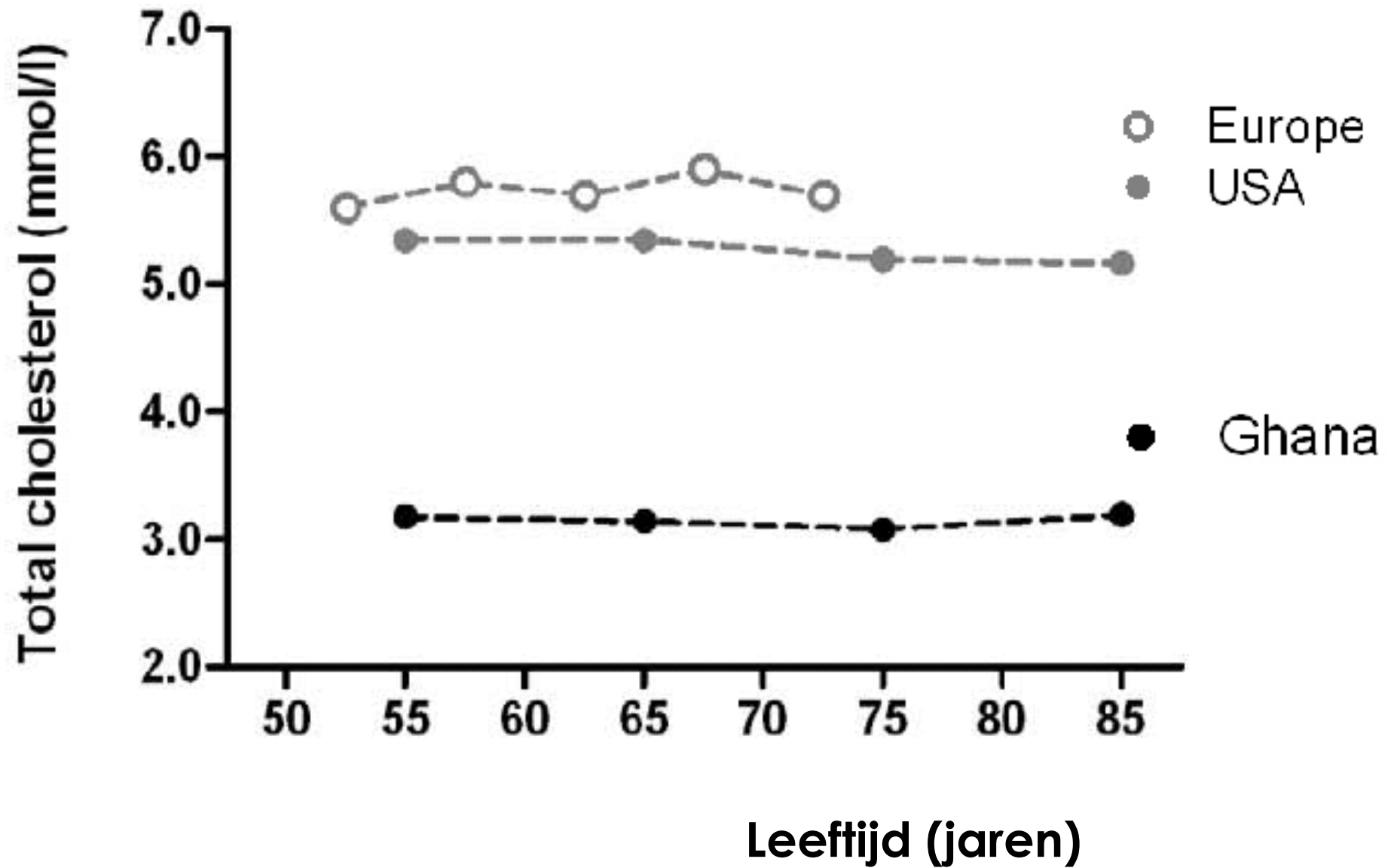


















Passage

De Passage

SUBWAY

SUBWAY

F
E
B
D

FEBD de bakkerij...

BURGER KING

R
G
E
R
K
I
N
G

McDonald's

McDonald's

McDonald's









24
HOUR

FITNESS

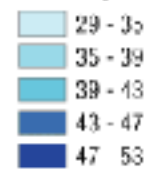
AERO

FITNESS
800-204-2400

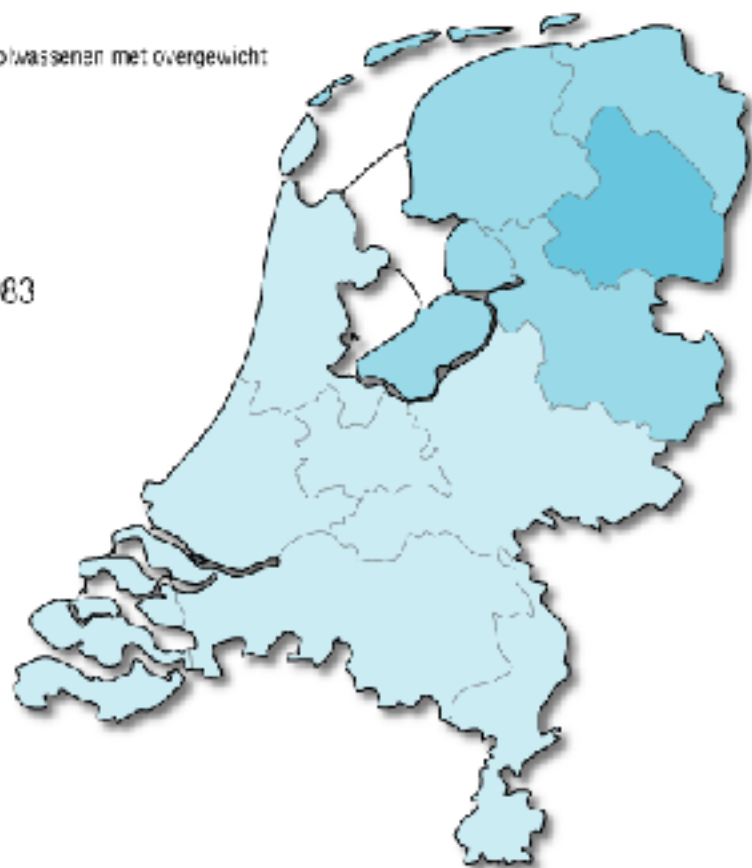
HONT LOMA PLAZA
APPROX. 100 FT
TO LOWER LEVEL
LOCATED BEHIND
24 HOUR FITNESS

727

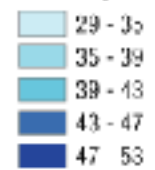
Percentage volwassenen met overgewicht



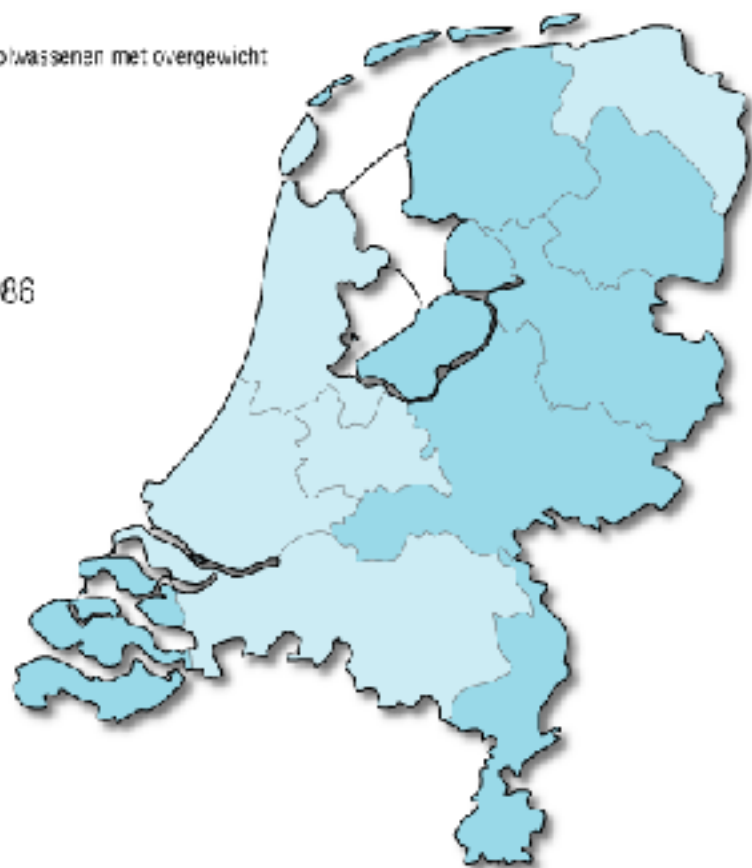
1981 1983



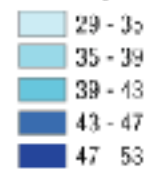
Percentage volwassenen met overgewicht



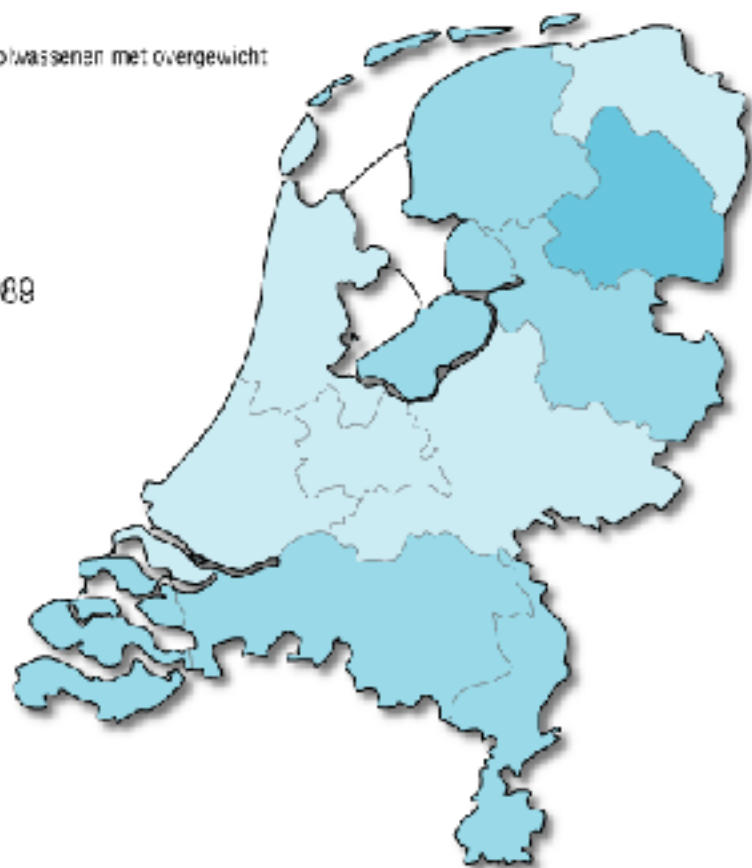
1984 1986



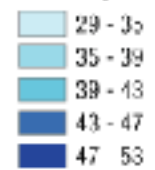
Percentage volwassenen met overgewicht



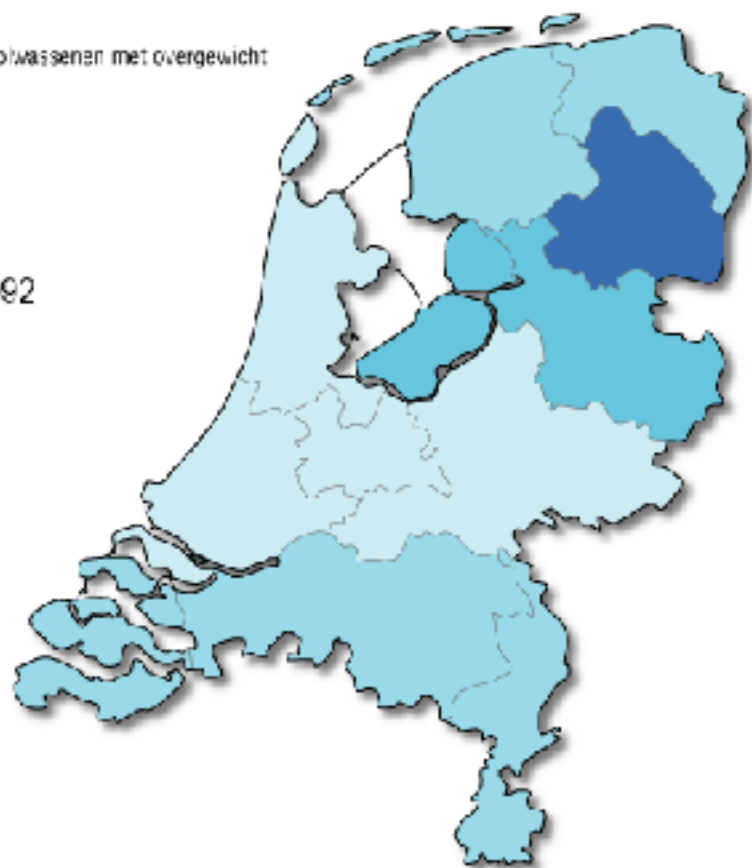
1987 1989



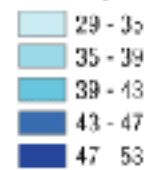
Percentage volwassenen met overgewicht



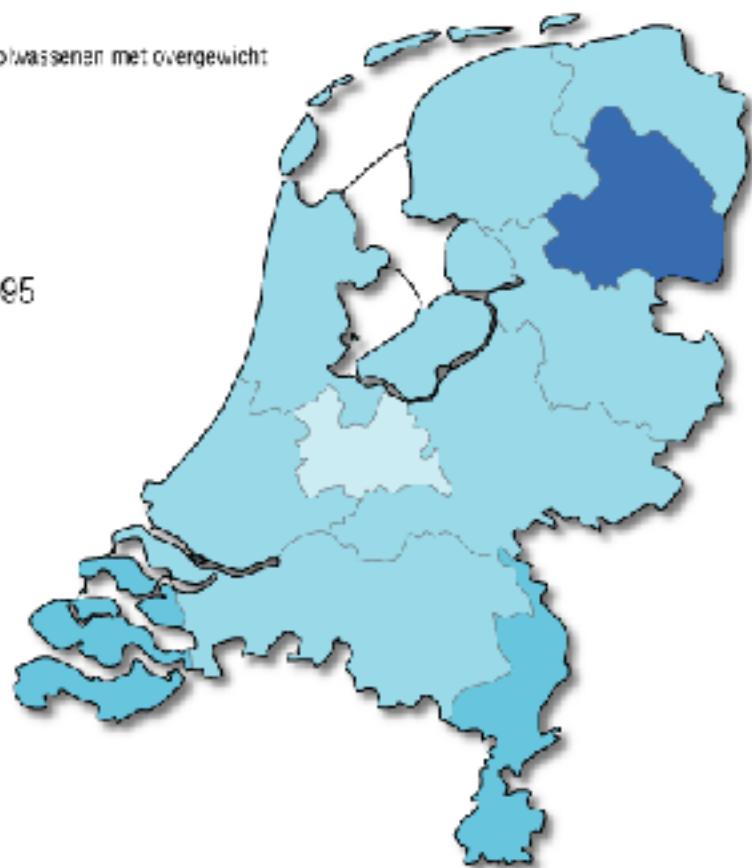
1990 1992



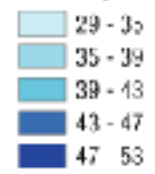
Percentage volwassenen met overgewicht



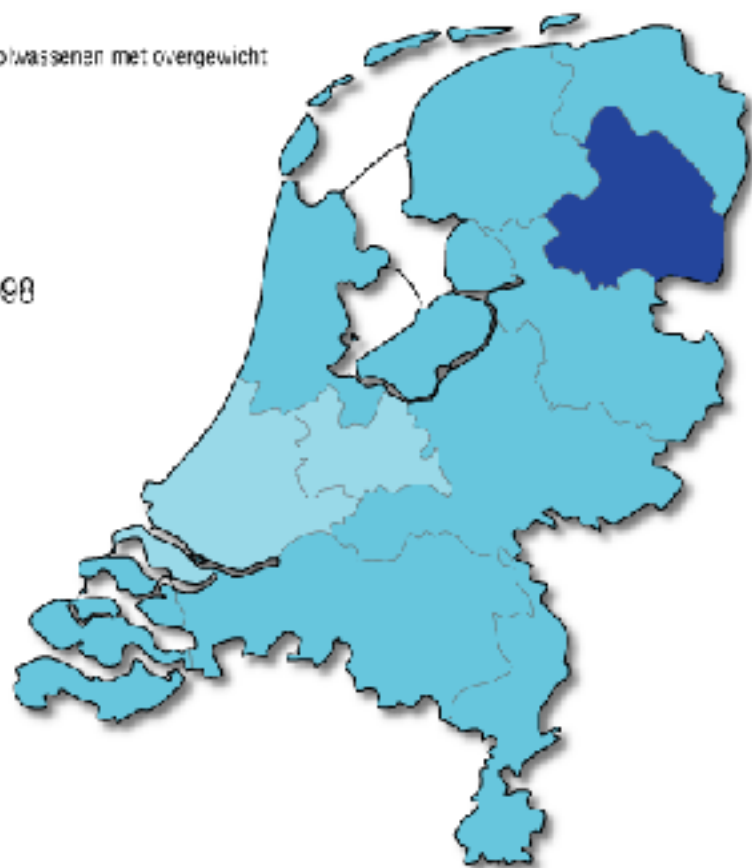
1993 1995



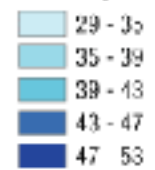
Percentage volwassenen met overgewicht



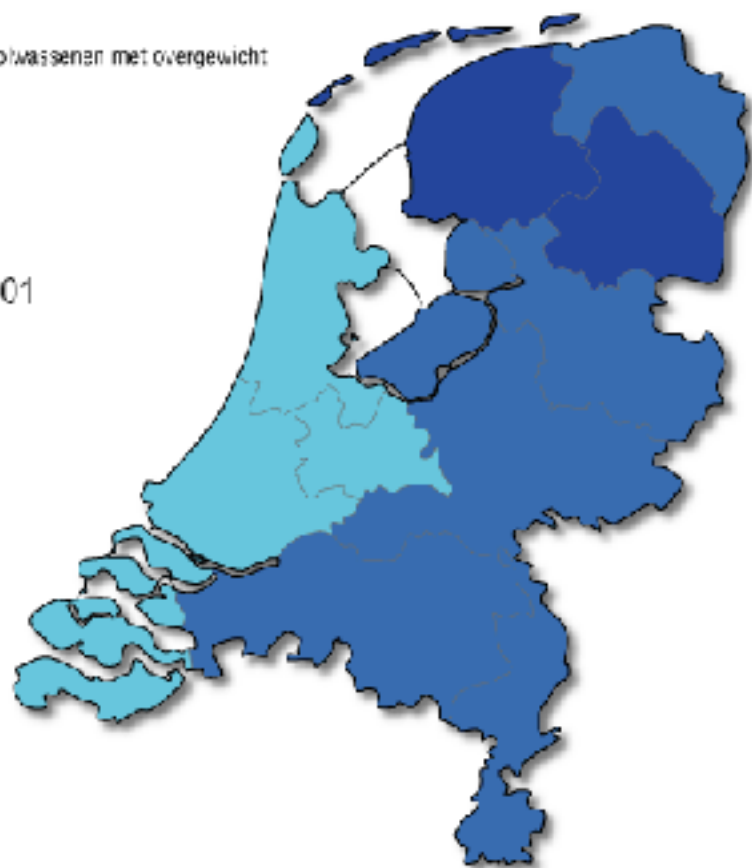
1996 1998



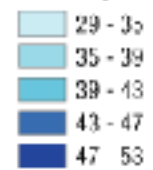
Percentage volwassenen met overgewicht



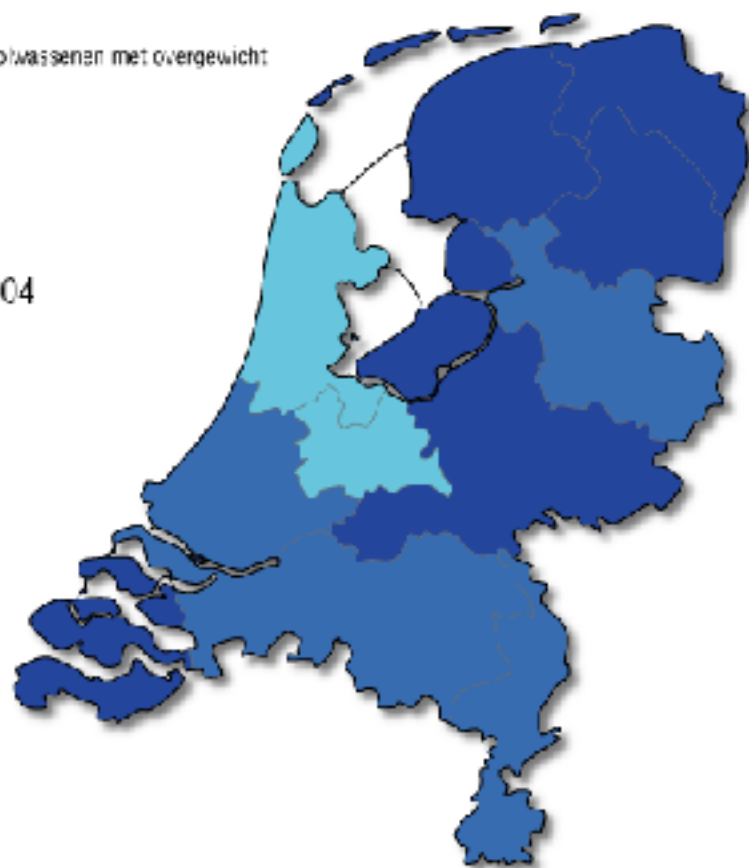
1999 2001



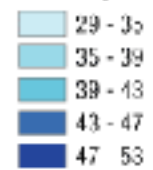
Percentage volwassenen met overgewicht



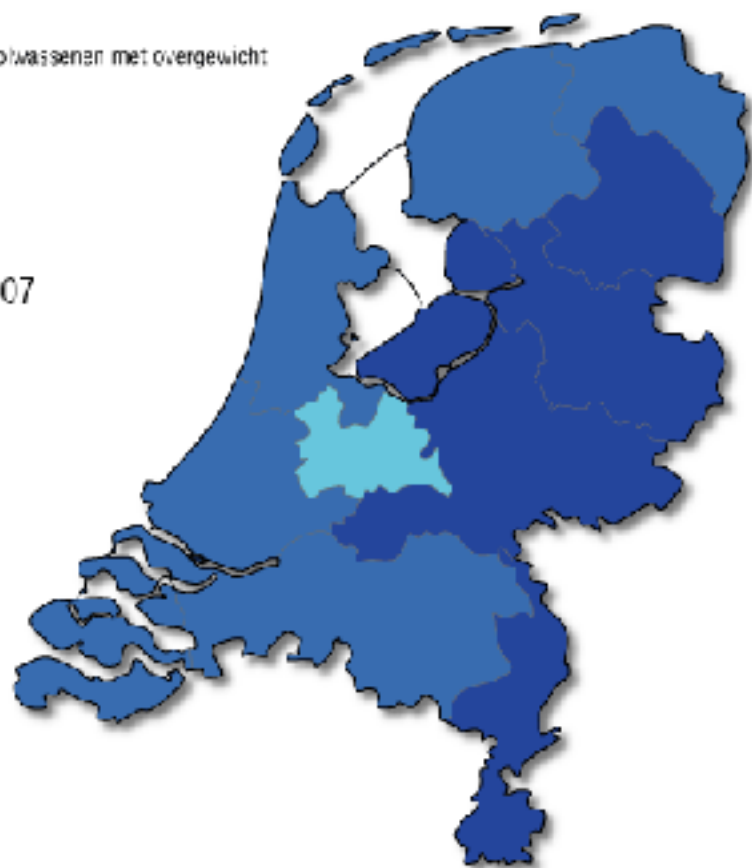
2002 2004



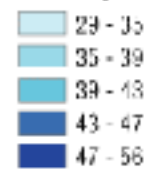
Percentage volwassenen met overgewicht



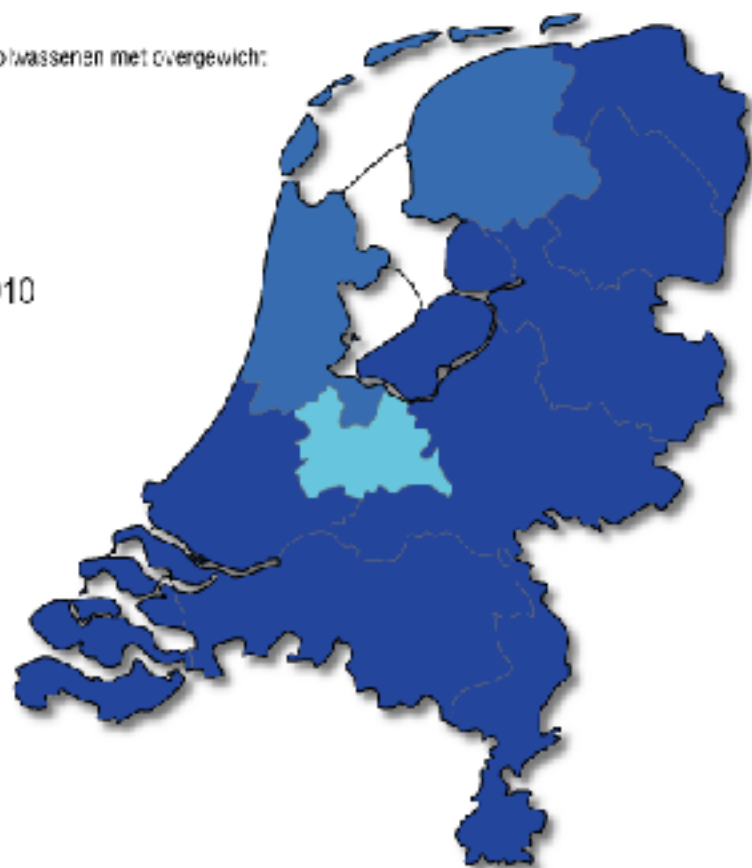
2005 2007



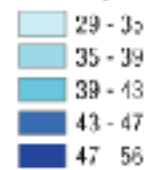
Percentage volwassenen met overgewicht



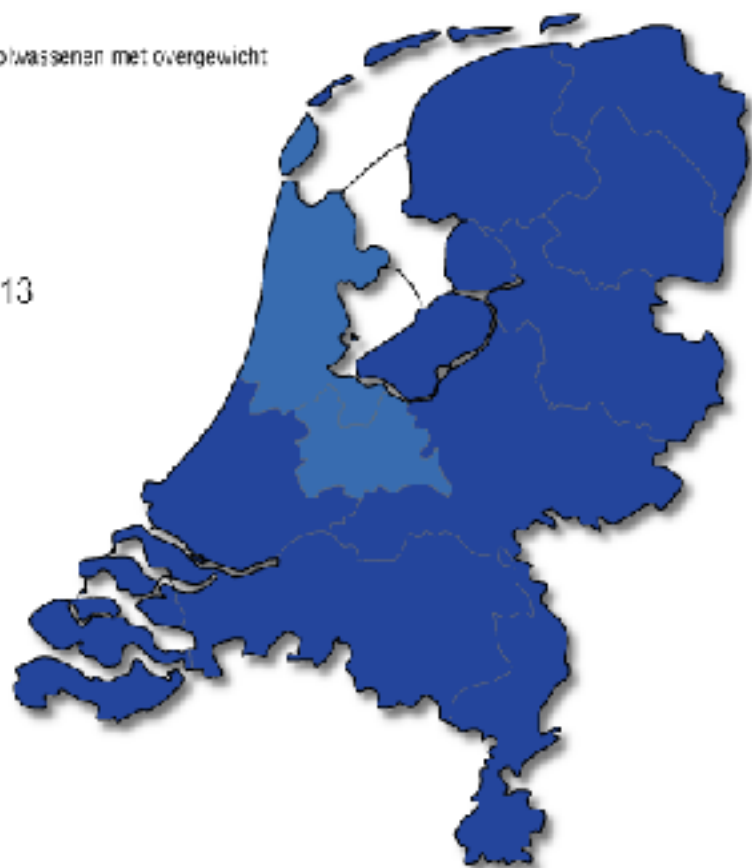
2008 2010



Percentage volwassenen met overgewicht



2011 2013



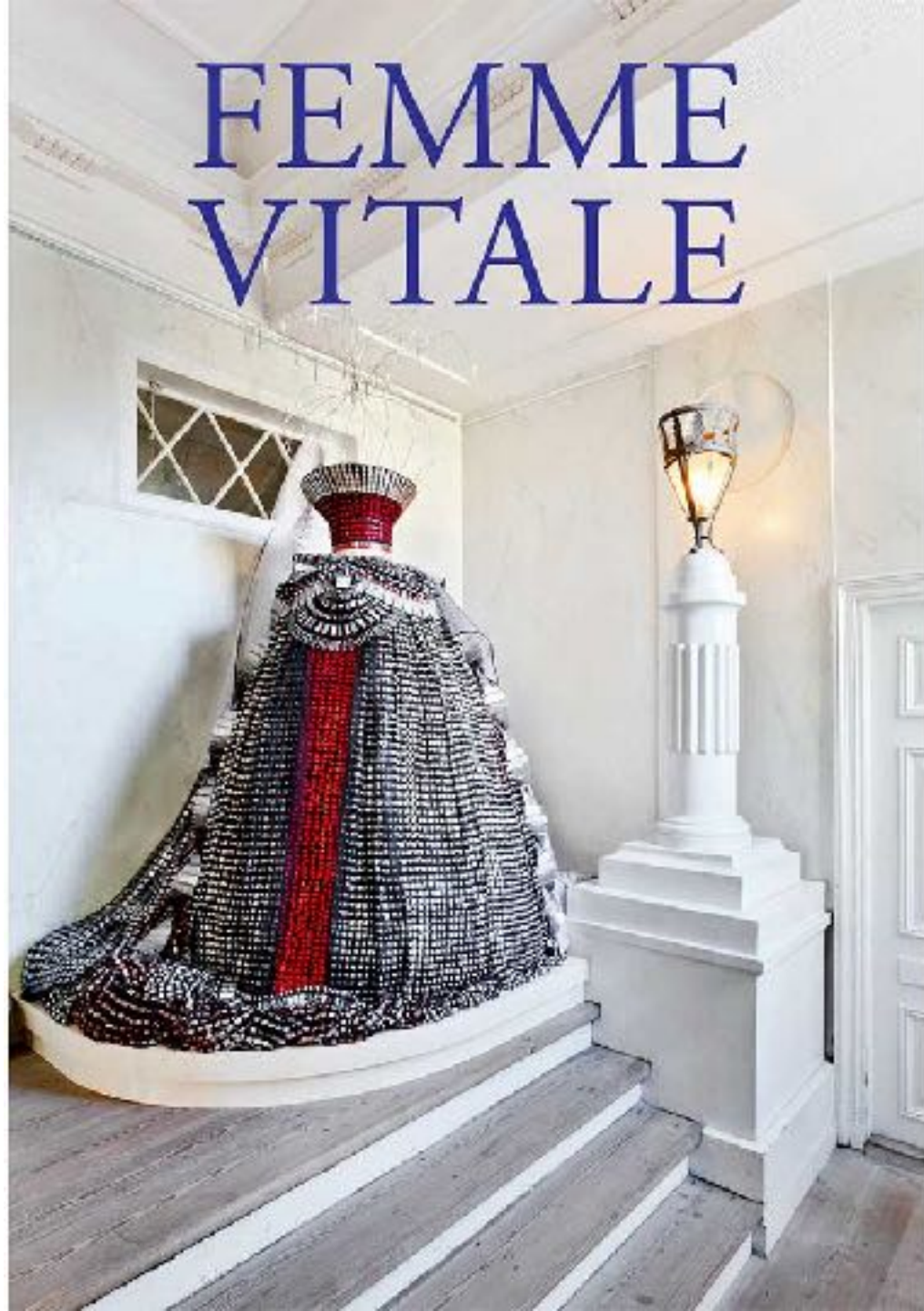








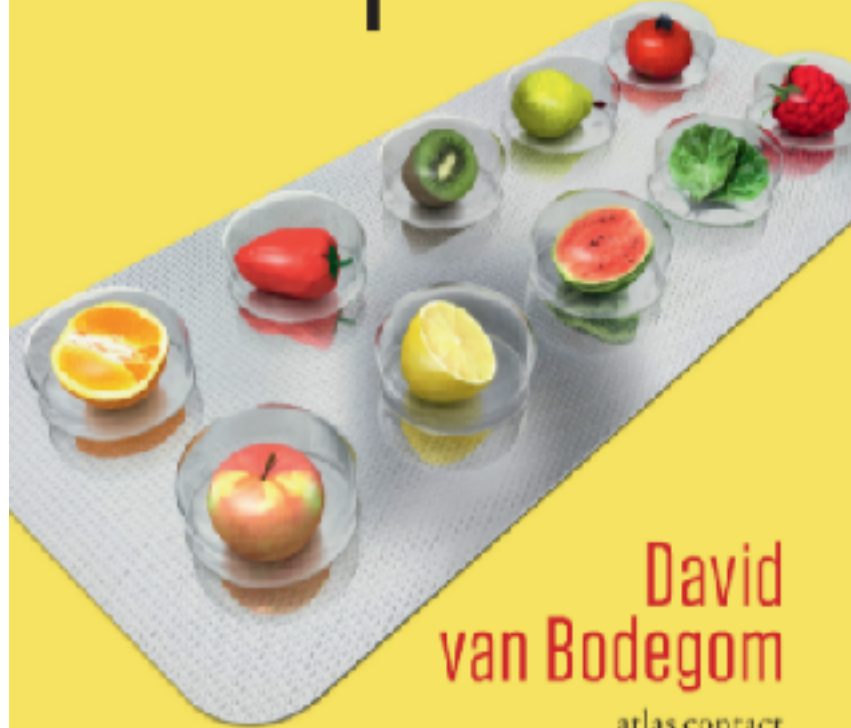
FEMME VITALE





Gezonder leven,
minder pillen

Ontpillen



David
van Bodegom

atlas contact





Verwijderen

Vervangen

Vermijden

Vorbereiden

K E U K E N

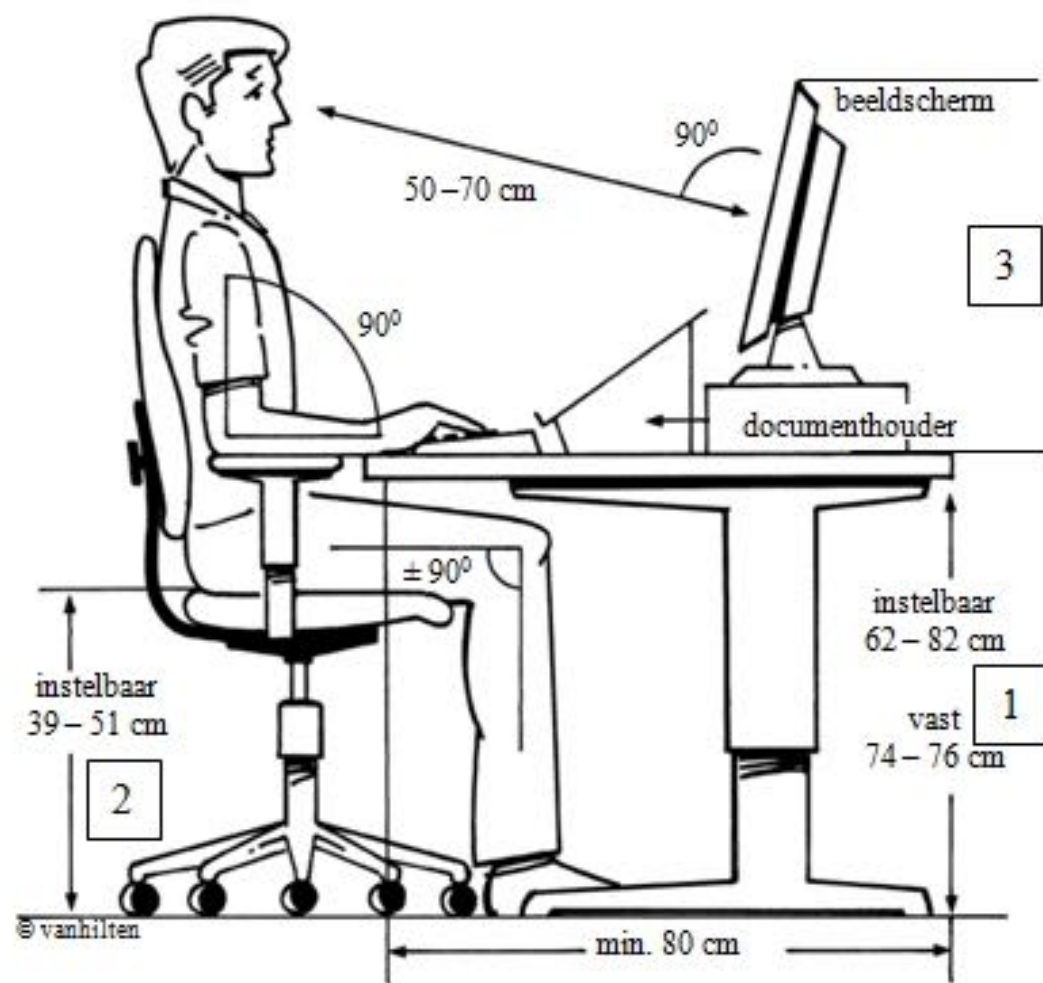


K E U K E N

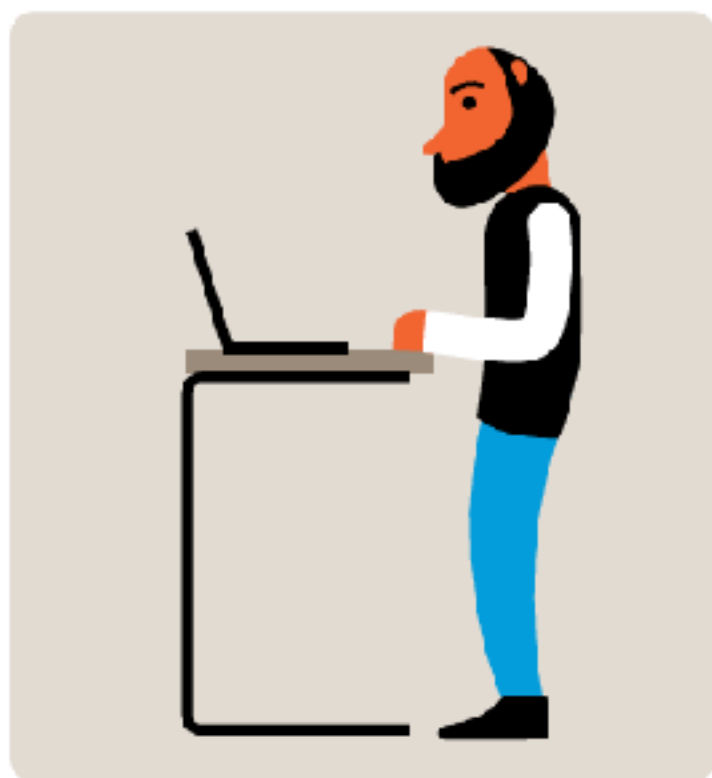


GROEN HOOG

OP HET WERK



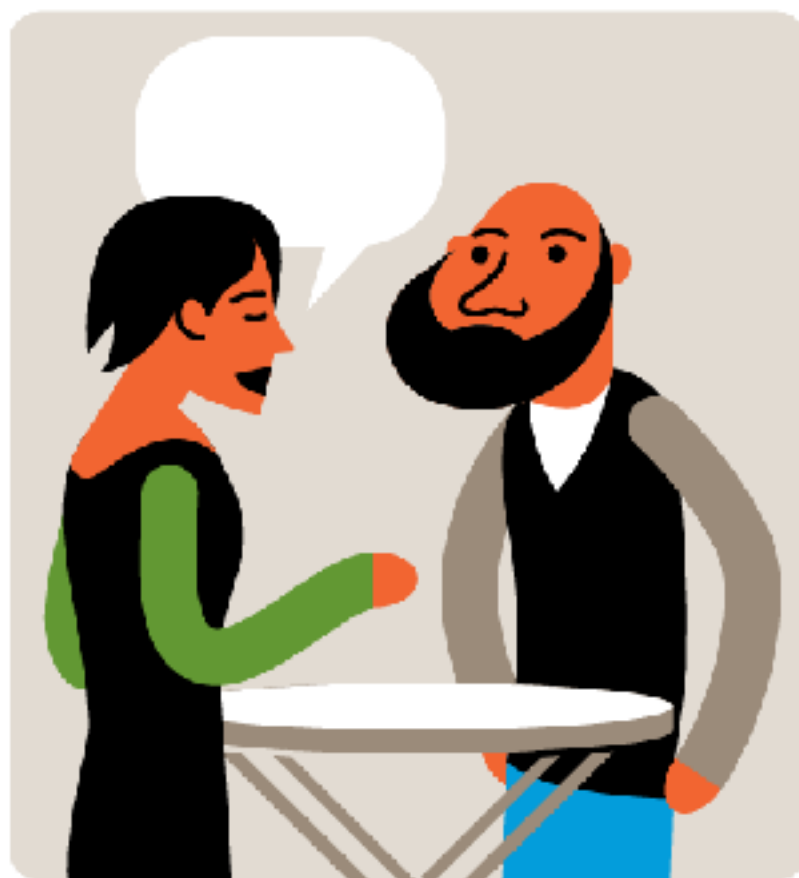
O P H E T W E R K



ZIT-STABUREAUS



O P H E T W E R K



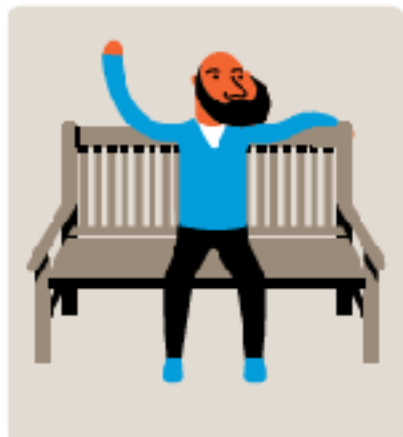
STAAND VERGADEREN



TRANSFERIUM



I N D E W I J K



BANKJE VOOR DE DEUR



TROUWE WANDELPARTNER



DE BLOEMETJES BUITEN



HET BOEK





Vitality Club

Samen bewegen!

Doe mee!

Welkom bij Vitality Club





25+ Vitality Clubs
500+ leden

Cuba: Círculos de Abuelos



12.000 clubs

800.000 ouderen (40%)

3x per week

1. We worden steeds ouder,
maar er is een biologische limiet.
2. Hans en Kwaku: Anders oud worden kan
3. Omgeving maakt ons ongezond oud
4. Pillen om symptomen van ongezonde leefstijl te
onderdrukken
5. Omgeving kan ons helpen gezonder oud te worden
6. Peercoaching. Groep ipv individu.

Leyden Academy

ON VITALITY AND AGEING

