

Move and Groove Box



Project: Move and Groove box

Created by: Simon Masoner, Viola Matznick-Klein, Valentin Nerding, Sinead Mc Aleer

Department: Fontys Physiotherapy English stream

Website: www.new-idea-box.jimdo.com

Have you ever been in this lazy mood when nothing sounds better than sitting on the couch watching The Nanny with a pack of chips? How often does it happen to you? Have you noticed that this is starting to affect your body in a negative way? Are you the kind of person that is hard to motivate and tends to get stuck in a routine? Then it's maybe time for you to get up from the couch and try something new!!

Good news!! With the new Move 'N Groove Box, you will surprise yourself!

The resources are the elements contained in the box and the box itself. Each month, the box will focus on a different topic which can improve the health of the client (weight-loss, physical activity, daily habits, diets...).

The content of the box is divided into four parts:

1. Motivation
2. Nutrition
3. Activity
4. Relaxation, self-care & biorhythm

The items will be arranged nicely in a box which will be created in an original way in order to reflect the monthly topic. Furthermore each box will have a monthly theme, which influences the content of each element mentioned above.

Categories: Health/Medicine/Pharmaceutic products