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### **About me**

Most of my life I was very active. As a kid till early adulthood, I practiced speedskating with many training hours per week. After moving to Switzerland, I changed to cross-country skiing, jogging, skiing and snowboarding. Unfortunately, with two kids and a job, my priorities changed. At the beginning of 2020, I paid the price for this neglect with a burn-out. With exercise a part of my treatment, I realized how important exercise is to me. So important that I decided to share the joy of fitness with others by making it my job and founding **XMV-fitness**.

### **Why exercise?**

We all know that exercise is good for your physical and mental health. Unfortunately, many of us find it difficult to find the time or motivation to fit it into our busy schedules. With XMV-fitness, I offer StreetFit close to you in group training at fixed times, or personal training accustomed to your busy schedule.

### **What is StreetFit?**

StreetFit is a full-body outdoor training. The training sessions are a combination of cardio and strength training where we use our surroundings as our fitness centre. Training with bodyweight reduces the chance of injury and just being outside helps our mental health. All exercises can be adjusted to your level of fitness. Therefore, the training is accessible for most people. I am looking forward to offering StreetFit as part of the ZIWC-programm.

### **Nutrition**

With nutrition we can positively influence our health and fitness. The right nutrition depends on your goal. Losing weight, building muscle, increasing your endurance or health requires specific nutrients. I would love to guide you to better health and support you in your personal nutritional needs.

### **Where?**

Because we don't use specific equipment, I offer StreetFit there, where my clients are. Part of the feature is, that we can do the training close to where you live or work. I am expanding my offers, I will start a new group when I have three participants.

Dr. Marije de Jong

Doctor Biomedical Engineering (TU/Eindhoven, NL / CH)

Master Medical Science (Universtiy of Calgary, CAN)

Master human movement Sciences with Anatomy und Sportphysiology (VU Amsterdam, NL)

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Ernährungscoach (In training 2022-2024, Prävensana)

