

Outside the box

Spending time outdoor is super good for our health and studies show that it has a positive impact on not only our physical health, but also our mental wellbeing. At the same time, many of us live in a fast-paced, technology-packed reality. Between work, taking care of everyday chores, streaming our favorite series, connecting on social media, and more, we are spending a lot of time indoors. Especially during the pandemic, many have also spent a lot of time in front of screens and mainly sitting still.

That is why, this summer, we want to take a step outside, with our health and wellbeing theme Outside the box. Exploring easy and healthy outdoor habits, from adventures just around the corner, to eating and exercising outside. Check out our four main events below, and even more information on our website.

Step Outside the box

With Annelie Pompe
"Adventures start in
your mind"

20 May



Adventures don't have to be far away, dangerous or time consuming. It is often the small and spontaneous adventures that will be most memorable and meaningful. Professional adventurer Annelie Pompe will talk about being in nature to find new energy, and how to find motivation and adventure outside our doorstep.

Eat Outside the box

With Sanne Nilsson
"Easy and healthy
outdoor food"

17 June



Food tastes better outdoors, and it doesn't have to be complicated to eat or prepare food outdoors. Aktivitetshuset Sous chef and dietitian Sanne Nilsson will share hands-on tips to inspire us on how to make it easy to eat and cook outside.

Exercise Outside the box

With Mårten Nylén
"Smart and easy out-
door habits"

19 August



Find keys to improve your health in this online talk with well-known Swedish personal trainer and health coach Mårten Nylén. Mårten has a unique attitude and energy and an ability to inspire people to dare to try. He focuses on hands-on tips to live healthier. This online talk will focus both on the benefits of exercise in general and how to find the joy of movement outdoors.

Exercise Outside the box

With Mårten Nylén
Workout session in
Älmhult

19 August



On 19 August, Mårten Nylén, will lead a workout session for IKEA co-workers in Älmhult. More information about the session and how to register will come prior to the event. Save the date in your calendar!

Team up with Aktivitetshuset

We believe that people who feel well, perform well. And that when we feel good we become the best version of ourselves. At Aktivitetshuset we offer several different health and wellbeing activities for you to do together in your team or work group. From online pre-recorded workshop material to fun activities here at Aktivitetshuset in Älmhult.



Activity packages

Boost your next team meeting, kick-off or gathering with energy, inspiration, and joy with Aktivitetshuset's new activity-packages. Book the Move & Mind package and try out yoga, functional workout and enjoy healthy food and fika. With Play & Connect we focus on having fun and eat good food together. Because laughing is actually a super boost for our mood and our immune system. To book these packages for your next gathering, find out more at our website [here](#).

Let's talk about: Mental Wellbeing

A workshop to create awareness around mental wellbeing, about how we can support each other when we are not feeling our best, and how to create pre-conditions together, for a balanced mental wellbeing. Based on a pre-recorded and very appreciated online talk with IKEA leaders in spring 2022. To plan for a session with your co-workers around mental health, find more information [here](#).

Walk & Talk

Sometimes you need to step outside the box for even brighter ideas, to recharge or to just get some fresh air. Aktivitetshuset has marked up two walk and talk paths in Älmhult business centre, to make it even more accessible and easy to go for a walk during the workday. So book your next walk & talk with your co-workers today. Read more about the health benefits of walking and find the printable map [here](#).



Create my wellbeing

Don't miss this video of health coach Ann-Sofie Forsmark, step-by-step guiding you through individual reflections and insights on how to create brain balance and improve your own mental wellbeing. This session can be done both individual and in group. You find it [here!](#)

[Find out more at aktivitetshusetalmhult.se](#)

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Make & Create



The flowering kitchen garden

On 11 May, we have invited guest facilitator Eva Uppsäll from Greenery studio to host a workshop about how to create the small kitchen garden where vegetables and flowers coexist side by side. The workshop is combined with Afternoon tea from our kitchen and bakery SMAK and you get to bring home the different edible plants that we have been working with during the workshop.



Yarn lunch

Every Thursday 11:00-14:00, we have a drop-in lunch event, where we knit, embroider and crochet together. An inspiring moment to work on a project, try something new, socialize, and share experiences and tips with each other.

[Find out more at aktivitetshusetalmhult.se](https://aktivitetshusetalmhult.se)

Workout

Multihallen open

We are happy to share that Multihallen is once again open for booking. Contact us for more information.



Health & Wellbeing schedule

Don't miss our health & wellbeing schedule with everything from mindfulness sessions to physical workouts. We offer both online sessions and workouts here at Aktivitetshuset. Check out the schedule for more information [here](#).



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