Costs and reimbursement

Reimbursement for the physical activity consultation depends on your health insurance and policy terms. If you have supplementary physiotherapy cover, check beforehand whether the consultation is covered and how many sessions you have left.

Fysio Topfit has contracts with all Dutch health insurers. This does not mean every consultation is automatically covered. Without reimbursement, you pay for it yourself. Ask us about the current fee beforehand.

Any follow-up programme has its own costs and reimbursement conditions. You can also take part without supplementary insurance by paying yourself. Discuss the options with us in advance.

Help with costs

Depending on where you live and your income, municipal schemes or other support for sport and physical activity may be available. Ask us or the local community sports coach about the options.



What to bring

Bring valid identification, your insurance details and any referral. Wear comfortable clothing and shoes that allow you to move easily.

Our locations

Ter Aar
Medisch Centrum Vosholplein
Vosholplein 1-4, 2461 AA Ter Aar
0172-603434
teraar@fysiotopfit.nl

Boskoop
Medisch Centrum Boomgaard
Boomgaard 215F, 2771 PD Boskoop
0172-212147
boskoop@fysiotopfit.nl

Nieuwkoop
Maarten Freeke Wije 2D, 2421 TP Nieuwkoop
0172-575595
nieuwkoop@fysiotopfit.nl

General enquiries
085-0514000
blijftopfit@fysiotopfit.nl

WhatsApp
06-57250687
(messages only, no calls)

Scan for opening hours

Download our apps

Fysio Topfit

Download on the App Store

Topfit met Toppie

GET IT ON Google Play

Free to download for iPhone and Android.

Physical activity consultation

at Fysio Topfit

Want to be more active, but unsure where to start or how to keep going? Our consultation helps you take the first step.

A personal plan in 30 minutes

In a one-off appointment with a physiotherapist, you discover what suits you. We look at your abilities and activities that are affordable, nearby and enjoyable.

You leave with practical advice on physical activity and an achievable first step.

Book an appointment

Scan the QR code or call 085-0514000.
Ask for a physical activity consultation.

You are also welcome without a referral.

Version 3.2 – November 2026

Who is the consultation for

For people who are not active enough and want to change that. For example, if you:

- are unsure what your body can manage or fear pain or injury;
- find it hard to get moving because of stress or tension;
- do not know which sport or activity suits you.

Information for referring professionals

GPs, practice nurses and other healthcare professionals can refer patients. The consultation helps identify motivation, barriers and opportunities for physical activity.

For example, when fear of movement or stress leads to inactivity, or when it is unclear whether a patient can join an exercise programme for type 2 diabetes, COPD or cardiovascular risk management (CVRM).

When a different approach is needed

For this short consultation, we apply the following exclusion criteria:

- COPD GOLD stage 3 or higher;
- severe cardiovascular disease, such as heart failure or decompensation;
- severe obesity with a BMI of 40 or higher;
- severe mental health problems;
- multiple, complex problems combined with limited ability to self-manage.

This does not mean physical activity is unsuitable. Discuss appropriate support or a specialist exercise programme with us.

What happens during the consultation

Talking about your situation

Together, we discuss what you want to achieve and what you need to get started. We consider:

- the reason for the consultation and your expectations;
- your motivation and willingness to become more active;
- your health and how you cope with symptoms or tension;
- any fear of movement;
- what you enjoy, such as exercising alone or in a group;
- barriers such as language, costs or available time;
- support from someone who can go with you.

Measurements if needed

Depending on your situation, we may measure BMI and waist circumference, blood pressure, heart rate, oxygen saturation or muscle strength. We agree on what is useful and feasible during the consultation.

Activity advice in your area

Together, we choose an activity that suits your wishes and abilities, taking local options into account. If helpful, we involve the community sports coach in contacting a sports club or activity group.





What you gain

- Personal advice on physical activity and an achievable first step.
- An experience of movement suited to your physical abilities.
- Insight into your motivation and what helps you keep going.
- Advice for your referring professional, if you were referred and consent to this.

After the consultation

We help you move on to your chosen activity. After your first session, we call to hear how it went. You can call us with any questions or problems.

Your information

We treat your medical and personal information confidentially. We agree with you before passing information to a sports club or community sports coach. We share medical information only when needed and with your consent.

Welcome at every location

Our physiotherapists help you get started in Ter Aar, Boskoop and Nieuwkoop.