Your clinician

Eveline van der Weijden (Boskoop and Nieuwkoop) and Marcia Backer (Ter Aar) are paediatric physiotherapists, children's lifestyle coaches and coordinating care professionals.

Practical information

Ask about options at leefstijl@fysiotopfit.nl. Your GP or child-health doctor can refer; our coordinators can help identify the right route. Adults can also discuss lifestyle support with us.

Costs and insurance

The coordinating care professional assesses with you which support and referral are needed. Cover for the integrated childhood care pathway and GLI depends on clinical and service conditions. Before starting, check which parts are insured and whether your family will have any costs.

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.

Lifestyle coaching for children

at Fysio Topfit

Healthier living is about more than weight. Together with your child and family, we look at movement, food, sleep and wellbeing, without blame or strict diets.

Book an appointment

Scan the QR code or call 085-0514000. Tell us which treatment you would like to discuss.

More information: www.fysiotopfit.nl

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Who is it for?

Support is intended for children and young people under 18 who are overweight or have concerns about weight and lifestyle. Appropriate support depends on your child’s health and situation.

A coordinating care professional works with you to identify needs, including school, family, emotions and circumstances that make healthy living harder. Additional help is arranged where needed.



What does it involve?

You and your child choose realistic goals, such as enjoyable movement, regular meals, better sleep or coping with tension. Your child actively contributes. Parents have an important role in family changes.

Sessions are individual, with parents where appropriate. Support often lasts two years; we agree the exact duration and contact schedule. We follow development and adjust goals.

Coordinated support

Your coordinating professional is the main contact and liaises as needed with the GP, child-health doctor, dietitian, psychologist or other services. Information is shared under applicable rules and with appropriate consent.

Cover within the integrated childhood care pathway is conditional. Not every child who is overweight automatically receives the same funded programme. Have the pathway, referral and funding assessed beforehand.

Before your appointment

Bring identification, insurance details and any referral or test results. Wear clothing that allows you to move comfortably. Let us know beforehand if you need support with language or communication.