Your clinician

Ter Aar: Krista van Kempen, Marcia Backer and Nika Spruit. Boskoop: Daphne Vergeer. Questions: leefstijl@fysiotopfit.nl.

Practical information

Discuss referral with your GP. GLI contracting is arranged through ZoHealthy, so Fysio Topfit may not appear separately under GLI in insurer directories. Have eligibility and enrolment checked beforehand.

Costs and insurance

An approved combined lifestyle intervention (GLI), with an eligible indication and referral, is covered by basic insurance subject to conditions, without the statutory deductible or a personal contribution for the GLI itself. Sport and fitness are excluded. Check eligibility and current contracting conditions beforehand.

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 (GLI)

at Fysio Topfit

The two-year CooL programme supports realistic changes in movement, nutrition, sleep and relaxation. With your coach, you choose goals that fit your life.

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 CooL for?

CooL stands for Coaching op Leefstijl and is a combined lifestyle intervention (GLI). It is intended for adults with an increased weight-related health risk.

Your GP assesses eligibility using BMI, waist circumference, any associated conditions and your situation. A referral is required. Discuss language, support needs or other circumstances that may make participation easier.



Two years of support

You start with an intake of about an hour to explore habits, wishes and barriers. The first eight months focus on practical steps, followed by sixteen months of support to maintain changes.

Group sessions and individual discussions cover movement, meal routines, sleep, stress, planning, motivation and setbacks. You do not have to change everything at once. Exercise classes are not part of the GLI.

Your own goals

The aim is better health and sustainable habits, not a guaranteed amount of weight loss. We regularly discuss what is working and what support you need.

The coach works with your GP, dietitian or others where needed. Fitness is available separately in Ter Aar and Boskoop. Ask about the GLI membership and current fee; sports costs are outside GLI cover.

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.