

COMPANY FITNESS

Workplace Health management

MOVEMENT AT ANY PLACE

Different target groups benefit from the work-life balance project by pedalo[®] Health Academy. By the choice of specific exercises and the corresponding equipment, this unique concept addresses employees under the company health promotion as well as nursing home residents regarding fall prevention, and also visitors of fitness centres at the same time.



OFFICE



NURSING HOME



FITNESS STUDIO

Reference:
F. KIRCHHOFF SYSTEMBAU GmbH,
Münsingen

Reference:
nursing home house Grafental in
Trochtelfingen

Reference:
A.J.'s Health & Fitness, Munich

Health advantages:

- improvement of blood circulation
- better coordination of muscles
- release of tension
- reduction of back pain
- improvement of the posture
- improvement of the psyche (embodiment)
- increase of synapses in the brain
- improvement of concentration
- increased efficiency
- high fun factor (sustainability)

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COMPANY FITNESS

Workplace Health management

Work and health –
an interrelation



HEALTH-ORIENTED TRAINING STRENGTHENS
SPIRIT AND BACK

Healthy and motivated employees are important for every success of a company. To manage the daily challenges at work, physical and mental performance of your employees must be guaranteed.

Recommended by:
DGUV
(German statutory accident insurance)

As part of the prevention campaign

Think of me
Your back

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Are you interested to increase the efficiency and motivation of your employees?

The pedalo® Health Academy expert team consists of therapists, diploma-sport-scientists, diploma-nutrition experts and professional coaches from rehabilitation and health sport. It offers small and medium enterprises on the basis of § 20 SGB V in the context of health care, professionally competent assistance.

We provide a range of programs. Among others a long-term work-life balance project, which is already supported by some health insurances. Despite many technical advances, the burden on employees nowadays is often high. Although physical stress in the workplace decreases, so-called chronic widespread diseases dominate today. Nonspecific stress such as time pressure, lack of exercise and inner tension due to high concentration or monotony play a major role. Targeted measures for health promotion, individually for every company, can improve health, motivation, and quality of life of your employees and at the same time the operating result.

INVEST NOW IN HEALTHY EMPLOYEES AND SECURE THE SUCCESS OF YOUR BUSINESS! WE SHOW YOU HOW TO DO IT!

CORPORATE HEALTH

Working environments change, they get more complex and reach deep into our life. Many companies have begun to take responsibility for the health of their employees in new dimensions.

COMPANY TARGETS IN ACCORDANCE WITH AIMS OF EMPLOYEES

Healthy employees are an important basis for a productive operation. The investment in the health of your employees is an investment in your most important resource for the future. Qualified employees pay more attention on choosing their future employers on a compensated WORK-LIFE-BALANCE. This leads to a noticeable increase in attractiveness as an employer on the market, if it is announced. WORK-LIFE BALANCE is based on the belief, that every person is successful who manages to bring company targets with personal targets in line.



IT IS WORTHWHILE

Targeted measures for health promotion, individually for each company, can improve health, motivation, and quality of life of your employees and at the same time the operating result. According to the Fraunhofer Institute of Labor Economics and Organization (IAO), the losses due to stress-related failures and mistakes at work in this country amount to more than 3 billion euros a year.

With our programs motivation and satisfaction of employees are increased. Physically and mentally healthy employees do not stay off work often, work more concentrated and make fewer mistakes. As a result, the performance of the business will increase and as a consequence the success of the company, too.

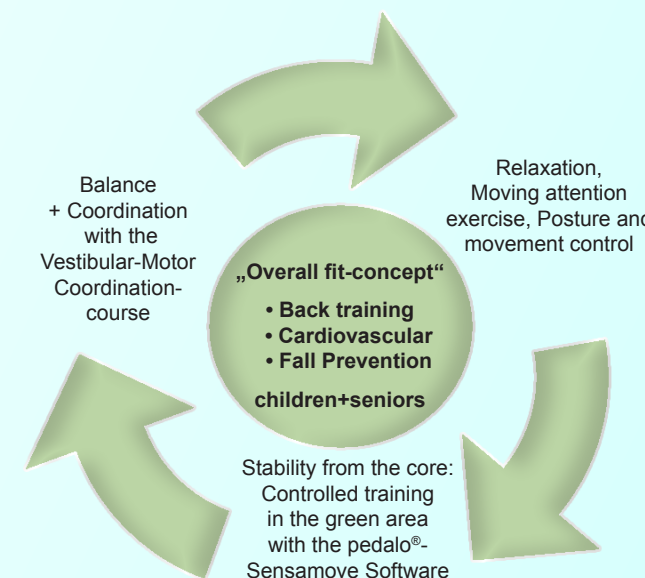
We offer your company support for the introduction and implementation of workplace health promotion measures:

- Company-specific health-beginner-programs for your employees
- sustainable project management together with your company
- organisation and implementation of „Health Days“ in companies
- mobile health analyses (back screening, risk check, ...)
- presentations, seminars, leadership workshops, events
- presentation of the 5S-concept
- use of the 5S-course in companies
- pedalo®-Balance-Test
- re-test
- evaluation

LITTLE EFFORT WITH GREAT SUCCESS

Create opportunities for physical activity in your offices. The 5S-Coordination-Course can be perfectly integrated. Transform sitting areas, hallways and meeting rooms to inconspicuous but also available motion-landscapes.

Only 5 minutes active movement from time to time substantially increases the efficiency of your employees with lasting impact on their health.



A winning team, the pedalo® Health Academy:

