



WORKSHOP

Exercise for health

What?

In the Exercise for health workshop your employees learn why exercise is so important and how they can achieve the right level of exercise. They also find out about the connection between exercise habits and health risks.

Why?

Exercise is part of a healthy lifestyle and can reduce health problems, so that your employees are sick less often and miss work less frequently. Healthy, fit employees are more productive and have greater job satisfaction.

Less than 40% of people in Belgium exercise sufficiently. Anyone who exercises insufficiently runs a greater risk of becoming ill. "Too little exercise is the new smoking."

Who?

This workshop is aimed at companies and organisation that want healthy, fit employees. This workshop is highly recommended, especially if your business involves a lot of sedentary work.

How?

The workshop attendees will be actively involved in learning about the knowledge and skills required for regular healthy exercise. And the personal how-to manual shows them how to go about improving their exercise habits.

Contents:

- What are the benefits of exercise?
- What is exercise?
- What do you need to know?
- How do you exercise responsibly?
- How does the pedometer work?
- How do you join in?
- How do you do stretch exercises?

Results?

Your employees apply the knowledge they learn and start exercising more healthily. And because they feel fitter and healthier, their productivity increases and absenteeism falls. Fit employees have greater job satisfaction – and you will be happier about their work and input.

Practicalities

- Location:** at your company or at Mensura
- Numbers:** maximum 15 attendees
- Time required:** 2 hours (or a session tailored to the customer's needs)
- Trainer:** lifestyle adviser
- Material:** hand-outs, how-to manual