Sports and Health Programs in the Munich Region.
Living health to the full.
Spring and Summer 2020.
intranet.siemens.com/health-promotion
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We all spend a major portion of our life at work. So what could make better sense than to shape our working environment so that it promotes good health and improves our fitness.

Our workplace-based programs of sports and recreational activities help you to become more active and do something truly beneficial for your health. We consult with the experts at our Medical Services (MS) and Social Counseling (SC) units to optimize our programs and create a holistic health management package.

We also cooperate with our partner, Siemens Active München e.V., to offer employees¹, their family members and company retirees extensive programs of sports and health activities that focus on everything from diagnostics, health promotion and exercise to relaxation and nutrition.

In addition, in cooperation with HIGH FIVE Health Promotion, based in Munich’s Werner-von-Siemens-Strasse, we offer all active Siemen employees a comprehensive program of exercise, sports and health training at Studio Active Mch WvS.

The company health promotion programs of Siemens AG are coordinated and implemented at all of Siemens locations in Munich by the Health Promotion (HP) Department. The programs are run by specialized instructors in the shape of accredited sports scientists and qualified trainers.

Get active about your health!
We'll be glad to assist you!

Your Health Promotion Team Munich

¹ For reasons of simplicity and readability, references to persons or groups of persons in these texts are understood to always refer equally to both male and female individuals, irrespective of their gender.
These services are provided at Siemens AG by three specialist departments within Health Management (HM):

**Health Promotion**
Contact: Gina Pellicci
Room: 63/226
Phone: +49 (0)89 636-30622
e-mail: gina.pellicci@siemens.com
https://intranet.siemens.com/health-promotion

**Medical Services, Mch P**
Contact: Dr. Petra Hakel
Room: 23/215
Phone: +49 (0)89 636-52941
e-mail: petra.hakel@siemens.com
https://intranet.siemens.com/medical-services

**Medical Services, Mch WvS**
Contact: Dr. Stefan Hager
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Phone: +49 (0)89 636-32505
e-mail: stefan.sh.hager@siemens.com
https://intranet.siemens.com/medical-services

**Social Counseling, Mch P**
Contact: Adam Pawlikowski
Room: 63/236
Phone: +49 (0)89 636-49907
e-mail: adam.pawlikowski@siemens.com
https://intranet.siemens.com/social-counseling

**Social Counseling, Mch WvS**
Contact: Monika Georgarkas
Room: G0.32a
Phone: +49 (0)89 636-33038
e-mail: monika.georgakas@siemens.com
https://intranet.siemens.com/social-counseling
We are your points of contact for all corporate health promotion efforts of Siemens AG in Munich:

Health Promotion Munich Team
Phone: +49 (0)89 636-30622
email: hp-mch.hr@siemens.com
https://new.siemens.com/de/de/unternehmen/themenfelder/ehs/gesundheitsmanagement/muenchen.html

Our external partners are happy to offer you further sports and health programs that focus on health, exercise, relaxation and nutrition:

Siemens Active München e.V.
Phone: +49 (0)89 416123770
email: info@sam-mch.de
www.sam-mch.de

Studio Active Mch WvS
Phone: +49 (0)89 23750863
email: fitnesssiemens@highfive.fit
https://siemens.highfive.fit/

Close cooperation with Siemens' health insurance provider, Siemens Betriebskrankenkasse (SBK), makes it possible to subsidize appropriately certified courses. SBK will be happy to contribute financially towards paying for your department's workplace program subject to agreement:

Katharina Käfer
Phone: +49 (0)89 62700-971
email: katharina.kaefer@sbk.org
https://www.sbk.org/

Elisabeth Lenz-Hieber
Phone: +49 (0)89 62700-813
email: elisabeth.lenz-hieber@sbk.org
https://www.sbk.org/
Promoting and maintaining good health, fitness to perform, and quality of life – this is our aspiration!

We sensitize employees and managers to embrace healthy ways of living and working, and simultaneously establish conditions that foster robust health among staff.

Our Health Management Team collaborates with internal and external partners to strengthen employees' sense of personal responsibility and self-reliance and their ability to sustainably integrate what they've learned into their daily routines.

Our holistic approach encompassing components for promoting physical exercise, healthy eating habits and mental well-being as well as preventive health measures for creating a healthy working environment contributes significantly to strengthening each individual employee and thereby the entire company.

**Health promotion activities in Germany**
- Health seminar
- Conventional health training program
- Compact health training 11+3 program
- Health training with childcare

**Pro-health activities at work**
- G.A.P. healthy & fit at work
- Active breaks
- Multiplier training (scouts and controllers)
- Personalized workplace-based exercise training
- Healthy @ Siemens Office

**Events**
- Health & Safety Days
- Health talks, presentations and workshops
- Company team run

Additional local events and initiatives are announced by the Health Working Groups.
Health promotion activities in Germany

Living health to the full

Our holistic approach consists of three basic modules:

Promoting physical exercise – Healthy eating habits – Mental well-being for which we offer a program of opportunities tailored to different circumstances and timeframes:

Health seminar:
4 days

Compact health training 11+3 program:
11 days + a 3-day refresher seminar after approx. 6 months

Conventional health training program:
22 days

Health training with child care:
22 days

Contact:
Health seminar
Gabriele Walz
Phone: +49 (0)9131 17-44840

Health training program
Gundi Fink
Phone: +49 (0)9131 17-44842
health-promotion.hr@siemens.com
Preparation and follow-up for health training

Living health to the full

Physical activity is a top priority when it comes to health training (previously Siemens spa stays for Siemens employees). It’s important to stay physically active in your everyday work and living routines, too, if the health benefits are to be sustained over the long term.

If you contact us in the runup to your Health Training program, our specialist staff will help you to prepare yourself for the requirements and challenges that lie ahead.

After completing a health training program, you’ll have the opportunity at our Studio Active location in Siemen’s Munich-Perlach and the Werner-von-Siemens-Strasse in Munich to extend the knowledge you’ve gained about exercise, nutrition and relaxation and to integrate this know-how even more firmly in your daily life.

You can obtain further information about the company’s Health Training program from your company physician. In addition, the trainer team at our Studio Active facilities can personally advise you on Health Training preparation and after-care.

Contact:
Studio head at Mch WvS
Marius Seifert
Phone: +49 (0)89 23750883
e-mail: sl.siemens@highfive.fit

Studio head at Mch P:
Christian Strecker
Phone: +49 (0)89 416123773
e-mail: studioleitung@sam-mch.de
Skin cancer – take preventive action now

With over 200,000 new cases every year, skin cancer is among the most frequent types of cancer in Germany. Malignant melanoma, sometimes referred to as black skin cancer, is particularly dangerous. Non-melanoma skin cancer, known as basal-cell carcinoma, which accounts for most of the skin cancer cases in Germany, is less aggressive. In most cases, skin cancer detected at an early stage can be successfully treated.

Skin cancer screening every 2 years for everyone over 35 is covered by the statutory health insurers in Germany and serves to identify any suspicious spots or patches on the skin, and is a sensible preventive measure even among younger adults.

Under this year’s banner theme of “Skin Heath”, the Health Working Group of Mch P, Mch P NL, Mch M and SFS is this year offering specialist skin cancer screening at Siemens Munich-Perlach. A dermatologist carries out a total-body skin examination for suspicious spots or patches, and recommends any further diagnostics and/or treatment where needed.

The examination is painless and takes approximately 15 minutes.

Appointments:
Block 1 / MAR 23 – APR 9, 2020
Block 2 / JUN 22 – JUL 10, 2020
Place: Mch P Company Medical Services Office, Building 23, ground floor

You’ll receive further information on the prevention campaign and a link to register for an appointment in a dedicated newsletter about one week before the examinations begin.
Being mindful in your day-to-day work

Mindfulness means devoting your attention without prejudice to things that you experience in the present with curiosity and caring attentiveness. Research has proven that mindfulness meditation has a broad range of positive effects on a person's mental health. The Mindfulness@Work course delivers insights into mindfulness research. It also offers space for guided experiences from the everyday practice of mindfulness.

You can find more information on mindfulness at the "Mental Health" information portal.

For more information, go to:
https://intranet.siemens.de/infoportalpsyche

Day: Tuesday
Dates: APR 21 – MAY 12, 2020
Time: 12:05 – 12:50 PM
Place: Mch P, Room 63.229
Frequency: 4 x
Fee in €: free of charge

Contact and registration:
Adam Pawlikowski
Phone: +49 (0)174 1580626
email: adam.pawlikowski@siemens.com
Looking for the key to happiness influences large parts of our lives. But what is happiness and what is satisfaction? What part does our genetic makeup play, and can satisfaction or contentment be learned? In this motivational talk, you'll learn the basics of happiness research and positive psychology, as well as helpful tips for positively influencing your professional career and private life.

Day: Monday  
Date: MAY 4, 2020  
Time: 10:00 – 11:30 AM  
Place: Mch WvS, 5th floor, Building A, M4.1  
Speaker: Monika Georgakas  
Social Counseling  
Fee in €: free of charge

Registration:  
Please register by  
email to: hp-mch.hr@siemens.com
Motivational talk at MCH P NL
Strengthening our own resilience

How we can become more resilient in our behavior

Resilience is a faculty that every person is born with. Resilience can be specifically trained and learnt at any stage of a person’s life. Resilience consists of various key factors which, taken together, have a positive impact on our psychological resilience and sense of well-being.

The talk will offer an introduction to the topic of resilience, and identify possible areas and opportunities where resilient strategies and mindsets can be integrated into our daily lives.

**Situation assessment and role clarification – taking stock personally and evaluating our many and varied roles in everyday life**

**Day:** Tuesday  
**Date:** May 12, 2020  
**Time:** 10:30 AM – 12:00 PM  
**Place:** MCH P NL, Building 28, Walchsee Room  
**Fee in €:** free of charge

**Knowing and enhancing our personal strengths**

**Day:** Tuesday  
**Date:** May 19, 2020  
**Time:** 10:30 AM – 12:00 PM  
**Place:** MCH P NL, Building 28, Walchsee Room  
**Fee in €:** free of charge

**Putting habits to the test: Reflecting on and changing our ways of thinking**

**Day:** Tuesday  
**Date:** May 26, 2020  
**Time:** 10:30 AM – 12:00 PM  
**Place:** MCH P NL, Building 28, Walchsee Room  
**Fee in €:** free of charge

**Supplemental coaching workshops**

Attendees at the talk will also have the chance to deepen their knowledge of individual aspects of resilience in 90-minute coaching workshops.

Contact and registration:  
Andrea Persau  
Phone: +49 (0)173 3116125  
email: andrea.persau@siemens.com
"Fundamentals of Office Ergonomics" workshop

Pro-health activities at work

Objective
Workshop participants can design ergonomically optimized workstations and integrate what they’ve learned about exercise breaks and dynamic sitting and standing into their daily office routines.

Structure and content
1. Brief physical exercise unit within the group (5 minutes): Identifying simple strengthening and agility exercises to offset daily work routines
2. Exciting motivational talk (20 minutes):
   - Anatomy of the human spinal column
   - How sitting affects the musculoskeletal system and cardiovascular system
   - Fundamentals of ergonomic office workstation design
   - Ergonomic tips for mobile and agile working ("cell phone neck", etc.)
3. Handout of the Siemens Office Pocket Guide with tips and exercises for office workstations
4. Demonstrating the best ergonomic settings for chairs, desks, computer monitors and working area using an example work station (15 minutes)
5. Independent setup of all work stations in teams of two with the support of the trainer (50 minutes)
6. Brief online quiz as workshop follow-up to consolidate and reinforce what was learned

General conditions and process
Target group: All employees who work sitting down
Duration: 90 minutes
Maximum number of participants: 16

Contact:
Gina Pellicci
Health Promotion Team
Phone: +49 (0)89 636-30622
email: hp-mch.hr@siemens.com
https://new.siemens.com/de/de/unternehmen/themenfelder/ehs/gesundheitsmanagement/muenchen.html
Active breaks at work

Pro-health activities at work

Use your breaks effectively and enhance your well-being.

*Your active breaks might look something like this:*

- Gentle loosening-up and stretching exercises
- Short relaxation exercises to help you switch off
- Simple strengthening and coordination exercises that are fun and which you can do on your own

*General conditions*

- Number of participants: 5 – 20 persons per unit
- Duration: approx. 15 – 30 minutes (individually adaptable)
- Place: at the workplace or in a nearby room (attendees wear everyday or work clothing)

We’ll be happy to design your active break in line with the specific ideas and wishes of the department and teams.

**Contact:**
Health Promotion Team
Phone: +49 (0)89 636-30622
email: hp-mch.hr@siemens.com
https://new.siemens.com/de/de/unternehmen/themenfelder/ehs/gesundheitsmanagement/muenchen.html
The "Healthy & fit at work" program is suitable for both office and production environments.

A custom-fit training program is developed on the basis of a comprehensive analysis of individual needs to promote and sustain the good health of all the employees involved. The purpose of these training sessions is to enhance awareness among employees of their own posture and movement, and of the personal resources at their disposal.

The training takes place directly at the workplace, helping employees to reduce their daily stress loads and to make and explore suggestions for healthier working practices.

We are happy to advise and give you useful tips on the best and healthiest ways of sitting or standing at your desk that incorporate movement.

Contact:
Health Promotion Team
Phone: +49 (0)89 636-30622
e-mail: hp-mch.hr@siemens.com
https://new.siemens.com/de/de/unternehmen/themenfelder/ehs/gesundheitsmanagement/muenchen.html
Siemens Office – We're here to support you!

Pro-health activities at work

Has your department recently moved into a Siemens Office environment, or are you already working in the new offices?

While these new offices involve certain changes for employees, they also offer new opportunities.

We'll be happy to advise you on promoting good health in your Siemens Office, such as:

- How best to use office furnishings and equipment to promote good health
- Exercising and relaxation techniques, and
- Team-building measures.

Contact:
Health Promotion Team
Phone: +49 (0)89 636-30622
e-mail: hp-mch.hr@siemens.com
https://new.siemens.com/de/de/unternehmensthemenfelder/ehs/gesundheitsmanagement/muenchen.html
Information and advice Programs custom-fit to specific workplaces

Pro-health activities at work

• Would you like a customized program for your department?
• Would you like to implement long-term measures aimed at promoting good health?
• Do you want to take a strategic approach to health promotion to ensure long-term, sustainable improvement in the health of your staff?

We’re happy to advise and support you in developing and implementing exercise and health programs for specific locations and target groups.

We look forward to hearing from you!
Your Health Promotion Team Munich

Contact:
Health Promotion Team
Phone: +49 (0)89 636-30622
email: hp-mch.hr@siemens.com
https://new.siemens.com/de/de/unternehmen/themenfelder/ehs/gesundheitsmanagement/muenchen.html
Conference, congress and event management for teams and departments

You're planning a conference, congress or a team or departmental event, and would like to include a special health-promoting fringe program.

We can offer you a varied and unique program customized to your wishes and ideas, such as:

- Early-morning exercise with endurance sessions and light strength exercises
- Active breaks that focus on special topics (e.g. "Fit on the road")
- Short breaks at conferences and congresses with relaxation routines to recharge the attendees’ strength and energy (e.g. "Feel good sessions")
- Siemens’ Global Leadership Center in Feldafing, Germany: Event planning and health services specifically tailored for managers and executives.
- Talks, presentations and promotional stands on health-related topics (e.g. exercise and nutrition, etc.)
- Team experience excursions or events (e.g. rafting, climbing or high ropes course)

Such departmental activities are an ideal way of saying thank-you to your team, promoting team spirit, or simply sharing together in the fun of exercise and adventure.

We'll of course also gladly manage your activities for large-scale conferences or congresses events, as well as for national or international settings.

Contact:
Health Promotion Team
Phone: +49 (0)89 636-30622
email: hp-mch.hr@siemens.com
https://new.siemens.com/de/de/unternehmen/themenfelder/ehs/gesundheitsmanagement/muenchen.html
Siemens’ LAUF10! campaign kicks off Tuesday, April 28, 2020, with an informational event and ends after 10 weeks of training, with sessions running from May 5 to July 7, 2020.

"Bavaria runs!" – That’s the goal of the LAUF10! initiative, which the evening news program of Bavarian Broadcasting (BR) television have jointly initiated for the eleventh time with the Bavarian State Sports Association (BLSV), the Bavarian Track & Field Association (BLV), and the Center for Prevention and Sports Medicine of the Technical University of Munich. The campaign is designed for anyone who wants to regain their fitness after a long period of neglecting to do any exercise or sports.

This year we’re once again supporting these efforts with training schedules, one running session per week, and a health checkup so that you achieve your own personal LAUF10! goal.

The LAUF10! training is also a good opportunity to prepare for the B2Run company team run. The LAUF10! training program is run by the Health Promotion Department.

Please register by email at email: hp-mch.hr@siemens.com

LAUF10! informational event
Day: Tuesday at Mch P
Date: APR 28, 2020
Time: 5:00 – 6:00 PM
Place: Building 63 – 229
Fee in €: free of charge

LAUF10! – Training units
Day: Always Tuesdays
Dates: MAY 5 – JUL 7, 2020
Time: 5:00 – 6:00 PM
Place: Mch P, Building 29, Studio Active
Fee in €: free of charge

Cancelled
Alternative dates at least in September '20
Information follows
This year will see the 17th Munich B2Run company team running event held Tuesday, July 14, 2020 at the Olympic Stadium.

We hope to welcome you again in the Siemens team when the starting gun sounds at Munich’s iconic Olympic Stadium at 5:00 PM.

The route this year is once again approximately 6.2 km long – a doable distance for everyone, whether you're a walker or runner!

Starting times
Front-runners: 5:00 PM
All Siemens runners: 6:40 PM
Nordic walkers: 7:40 PM

Your Health Promotion Team Munich will again gladly help you with any questions you may have about the run.

Registration for the Siemens team will open March 2, 2020 at:
www.b2run.de/siemens-muenchen

We're offering running workshops to prepare for the B2Run.
Further information will be coming by email.

Contact:
Gina Pellicci
Phone: +49 (0)89 636-30622
email: gina.pellicci@siemens.com
Workshops

Events

Workshop
"Want to rouse the runner in you...?"

... but you don’t know how to get started, or what you need to watch out for? No problem – we'll answer the most important newcomer questions for you in our presentation. What’s more, we'll provide you with all kinds of running tips and tricks, such as planning a training program, proper running techniques, and the right running gear.

Day: Tuesday
Date: APR 21, 2020
Time: 4:30 – 5:30 PM
Place: Mch P, Room 63.229
Fee in €: free of charge

Workshop
"Use your brain to train"

Do you want to stay mentally and physically fit to a ripe old age? Our interactive workshop shows you the easiest way to achieve your goals by remaining active and enjoying exercise. In no time at all, you'll be quicker to act and respond, more attentive and receptive, and more resistant to stress. Escape the daily grind and set new, stimulating incentives for yourself with a combination of exercise and memory tasks.

Day: Wednesday
Date: MAY 27, 2020
Time: 5:00 – 6:30 PM
Place: Mch P, Room 63.229
Fee in €: free of charge

Both these workshops can also be booked on request as a departmental event.

Registration:
Please register by email to: hp-mch.hr@siemens.com
https://new.siemens.com/de/de/unternehmen/themenfelder/ehs/gesundheitsmanagement/muenchen.html
Workshops, cookery courses, hands-on courses, talks

Event motto: Learning by doing – with small tasters for sampling

Our eating habits contribute significantly to keeping us fit, healthy and efficient.

In collaboration with Siemens’ health insurer SBK, we’ve put together on the pages below a series of interesting workshops, cookery events and talks led by qualified nutritionists and dieticians.

Our speakers will be:

- Ms. Claudia Scheidler, ecotrophologist (nutritional expert)
- Ms. Angelika Spöri, ecotrophologist (nutritional expert)
- Mr. Renate Wiesler, ecotrophologist (nutritional expert)

They look forward to giving you a wide range of theoretical and practical information on nutrition.

Workshop
"When fruit and other foods cause your digestion to play up – what can you do?"

According to some estimates, one in three adults and half of all children experience problems with fructose (fruit sugar). Here’s how practical tips can help!

Day: Monday
Date: MAR 23, 2020
Time: 4:30 – 6:30 PM
Fee in €: free of charge
Speaker: Renate Wiesler

Registration / event location:
Please register for all workshops, talks, cookery courses and hands-on presentations (Pages 23 – 27) by email to: email: Elisabeth.Lenz-Hieber@sbk.org

All of these events will take place in the SBK Health Kitchen or the SBK’s presentation room. Siemens Munich-Perlach, Building 29, take the same entrance as you would to the fitness studio.
Please let us know if you need a site plan to find your way around!
Workshops

Event motto: Learning by doing – with small tasters for sampling

Workshop
"A healthy diet for a healthy liver – theory and practical tips"
Our liver is the hub of our body's metabolism, as well as its "detox station". In this workshop you'll learn some valuable recommendations for liver-healthy eating habits.

Day: Monday
Date: MAR 31, 2020
Time: 4:30 – 6:30 PM
Fee in €: free of charge
Speaker: Renate Wiesler

Workshop
"Stress and eating – Eating to comba stress?"
Stress impacts and changes most people's eating habits. What can you do in terms of food and nutrition to handle stress better? What "anti-stress" nutrients does the body need in particular?

Day: Tuesday
Date: MAY 26, 2020
Time: 4:30 – 6:30 PM
Fee in €: free of charge
Speaker: Renate Wiesler

Workshop
"How to combat intestinal complaints and irritable bowel syndrome"
Can nutrition help alleviate digestive ailments? How can we handle these problems every day?

Day: Monday
Date: JUL 6, 2020
Time: 4:30 – 6:30 PM
Fee in €: free of charge
Speaker: Renate Wiesler

Workshop
"World Heart Day"
A heart-healthy diet: making the right dietary choices can help you to protect your heart.

Day: Tuesday
Date: SEP 29, 2020
Time: 4:30 – 6:30 PM
Fee in €: free of charge
Speaker: Renate Wiesler
Cookery courses and hands-on courses

Events

Cookery course
"Cooking with wild herbs"

The use of aromatic, rich wild herbs in recipes for risotto, quiche Lorraine, salads and smoothies release the full potency of wild herbs, lending these dishes fantastic flavors!

Day: Monday
Date: APR 27, 2020
Time: 4:30 – 7:30 PM
Fee in €: 17 – Please pay in cash at the course
Instructor: Angelika Spöri

Cookery course
"Delightfully delicious cuisine of spring vegetables"

We'll prepare dishes to be enjoyed at an evening grill party or when celebrating with friends.

Day: Tuesday
Date: APR 28, 2020
Time: 4:30 – 7:30 PM
Fee in €: 17 – Please pay in cash at the course
Instructor: Claudia Scheidler

Hands-on course
"Plant-based cosmetics"

From rose cream and peeling to bathing salts and massage oil – all with aromatic herbs and blossoms, but no preservatives.

Day: Tuesday
Date: MAY 5, 2020
Time: 4:30 – 7:00 PM
Fee in €: 17 – Please pay in cash at the course
Instructor: Angelika Spöri

Cookery course
"Small dishes for balmy days – light as a summer breeze"

We'll prepare dishes to be enjoyed at an evening grill party or when celebrating with friends.

Day: Tuesday
Date: JUN 23, 2020
Time: 4:30 – 7:30 PM
Fee in €: 17 – Please pay in cash at the course
Instructor: Claudia Scheidler
Talk\(^1\)  
"Guided tour to wild herbs directly in front of the SBK offices"

Edible wild herbs enrich our lives and cookery immensely. On our guided tour of wild herbs, you'll learn what wild herbs can be found growing along your pathway, and how we benefit from them.

Day: Tuesday  
Date: APR 21, 2020  
Time: 4:30 – 6:30 PM

Talk\(^1\)  
"What can I do to ward off springtime lethargy?"

Particularly in springtime, you can support your body's natural needs to get fit and active again by choosing and enjoying the right foods and teas, etc.

Day: Tuesday  
Date: APR 28, 2020  
Time: 4:30 – 6:30 PM

Talk\(^1\)  
"How can I strengthen my resistance and immune system?"

A healthy diet, wild herbs, and teas – this talk will present tips and information on the entire repertoire for being as best armed as possible.

Day: Monday  
Date: MAY 11, 2020  
Time: 4:30 – 6:30 PM

Talk\(^1\)  
"Milk – a curse or a blessing?"

Cow's milk is the subject of much debate and many opinions. Some people can drink cow's milk, others can't: Why is that? Are alternatives available?

Day: Monday  
Date: JUN 22, 2020  
Time: 4:30 – 6:30 PM

Talk\(^1\)  
"Nutrition and sports: what matters in terms of diet"

Do recreational athletes need nutritional supplements? When should we eat and drink what (high-strength sports, endurance sports, etc.)? And what should an athlete eat before a competition?

Day: Tuesday  
Date: MAY 12, 2020  
Time: 4:30 – 6:00 PM  
Fee in €: free of charge  
Speaker: Renate Wiesler

Talk\(^1\)  
"Home-grown superfood"

What sorts of superfood are grown locally, and do we really need food sourced from around the globe? Let's renew our awareness of what foods grow nearby and in what season, and what particular value they hold for us.

Day: Monday  
Date: MAY 18, 2020  
Time: 4:30 – 6:30 PM

\(^1\) Cancelled
Talk 1
"Natural detoxing for the skin: example internal applications"

What foods and habits can help us to improve the condition of our skin? Why is it that our skin often suffers or simply doesn't look its best?

Day: Tuesday
Date: JUN 30, 2020
Time: 4:30 – 6:30 PM

Talk 1
"Natural detoxing for the skin: example external applications"

Many skincare products promise a lot. What ingredients merit our particular attention, and what alternatives are there?

Day: Tuesday
Date: JUL 14, 2020
Time: 4:30 – 6:30 PM

Hands-on course
"Stop smoking seminar"

Do you want to finally quit smoking, but can't do it alone?
Stop smoking without any feeling of loss, without medication or stress. The course instructor – a former smoker – will help you. And in case it's still important to you during the workshop: There will still be smoking breaks during the course!

SBK Stop smoking course
Day: Saturday
Date: APR 25, 2020
Time: 10:00 AM – 4:00 PM
Place: Studio Active, Mch P, Building 29
Fee in €: 242.00

Note:
As part of the Health Working Group McH P initiatives, Siemens' health insurer SBK will assume €162 of the total course fee of €242. As a result, any participant (including persons not insured by SBK) need only pay €80 to attend.
Notes regarding the program lineup:

The program of exercise and relaxation courses we offer is carried out by our partner Siemens Active München e.V. (SAM e.V.), and extensively subsidized by Germany’s statutory health insurers.

For registration and questions
• SAM e.V. (course registration and questions regarding eligibility for courses):
  Phone: +49 (0)89 416123772
• SBK (questions on course subsidies):
  Phone: +49 (0)89 62700813

Schedules and information
• NEW! The exact dates and times can be found on the website of Siemens Active München e.V.:
  https://www.sam-mch.de/kursprogramm/anmeldung.html

  Please direct any important questions to our office:
  Phone: +49 (0)89 416123-771
  kurse@sam-mch.de
• Schedules are subject to change without notice. Errors and omissions excepted.

Sports and event venues

Exact information and site plans can be found on the Internet at:
www.sam-mch.de

Bonus for persons insured by SBK or other health insurers
• The bonus for your health: Your health insurer will reimburse you for up to 75% (to a maximum of €80) for any course you attend regularly (80% attendance). Any course categorized additionally as a "preventive health course" is recognized by Germany’s Cooperative Association of the Statutory Health Insurers as eligible for a subsidy. Please direct any questions you may have to your health insurer. We’ll keep you updated on any new changes or newly certified courses at the following website:
  www.sam-mch.de

Bonus for SAM e.V. members for courses and events on offer
• Members of SAM e.V. pay course fees at the reduced rate (marked with an asterisk*). Please have your membership number ready when you register for courses and events.
• SAM also offers a supplementary basic sports and exercise program as well as various rehabilitation exercise groups.
How to book courses

Courses can only be booked online on the website of Siemens Active München e.V., at www.sam-mch.de. Courses must be paid for immediately on the website by credit card (Visa or MasterCard), PayPal, or the Sofortüberweisung online cashless payment provider. If your payment transaction is interrupted for any reason, your place in the course will remain reserved for 24 hours. In such cases, you’ll receive a request for payment which you must then respond to within the 24-hour deadline. Otherwise, your reservation will be cancelled and you’ll have to restart the registration process.

Canceling booked courses

It is possible to withdraw from any course within 14 days of booking a place on it. You’ll receive an informal written cancellation notice (by email from: kurse@sam-mch.de), and your course fee will be refunded to you. If the course has already started, you will receive a partial refund of the course fee.

Should you miss more than two course sessions due to illness, you are requested to submit a doctor’s certificate. We will then send you a voucher for the value of the certified sessions that you have missed, which you can then redeem the next time you book a course or event.

Data protection

Participants registering for SAM events declare their consent to allow processing of their personal data to the extent necessary for the purpose of registering for the event. No personal data is transferred to third parties.

Liability

Liability on the part of SAM for damages or loss of any kind, regardless of the legal grounds such liability may arise from, is limited to cases in which SAM acted with intent or gross negligence.

Copyright

Photographing, filming or audio recording of these events is prohibited. Any learning materials distributed within the scope of a course or event shall not be reproduced by any means without the express consent of SAM.
Program of Courses at Mch P
Spring and Summer 2020

Exercise – Relaxation

On the pages below you will find the program of courses offered by our partner Siemens Active München e.V. at Siemens Munich-Perlach during the period from March through September 2020.

The various topic areas are highlighted by color coding.

Courses can only be booked online on the website of Siemens Active München e.V., at www.sam-mch.de.

Exercise
A comprehensive program of (indoor and outdoor) sports and fitness courses offer you physical activity to offset monotonous daily work routines.

Relaxation
Stress relief through holistic breathing, meditation and relaxation techniques, as well as exercises to bring body, mind and spirit into harmony.

Contact:
SAM e.V. (course registration and questions regarding eligibility for courses):

Phone: +49 (0)89 416123772
kurse@sam-mch.de

Please direct any questions regarding preventive health courses to your health insurer!
**Exercise**

**Indoor Cycling**

Indoor Cycling is intensive, pulse-oriented training of the cardiovascular system set against motivating music. Your entire body absorbs the rhythm and transforms it into pure exercise motion. Together with others in the group you cycle up and down hills. As instructed by the instructor, the pedaling resistance is set in accordance with your wishes and physical condition. Indoor Cycling is suitable for hobby cyclists as well as performance-oriented "bike freaks".

**NEW:**
The exact dates and times can be found on the website of Siemens Active München e.V.: [https://www.sam-mch.de/kursprogramm/anmeldung.html](https://www.sam-mch.de/kursprogramm/anmeldung.html)

**Fee in €: 79*/99**
(*discounted course fee for Siemens Active e.V. members*)
Exercise

Core Training\(^1\)

This course is aimed primarily at training your body’s core with the goal of improving your torso stability and restoring your agility. Special training and stretching techniques strengthen your abdominal, back and pelvic muscles, and boost the mobility of your spinal column. The training strengthens all your underlying core muscles, thereby stabilizing your entire spinal column, and giving you a lithe and agile body.

Fit’n Balanced / Flexibility and Strength\(^1\)

In these sessions, challenging endurance-sequences alternate with demanding functional strength-building exercises and relaxing breathing exercises. Fit’n Balanced is an ideal mix of physical training and finding your inner balance.

Fee in €: 89*/109
(*discounted course fee for Siemens Active e.V. members)

NEW:
The exact dates and times can be found on the website of Siemens Active München e.V.:
https://www.sam-mch.de/kursprogramm/anmeldung.html

\(^1\)This is a preventive health course eligible for subsidies. Contact your health insurer to learn more.
moving you Camp – Outdoor Circuit

Get out into the fresh air for some intensive and effective bodyweight training in a small group. Turn your own body into a training unit, and strengthen your natural body movements through the multiple joints and groups of muscles – as well as your immune system, of course! The goal is to improve your body’s stability and flexibility, and protect you from any sport-related or everyday injuries.

Pilates

Pilates is a gentle, holistic training method that is focused primarily on body control. Every exercise is focused, controlled, and flowing, and executed with the right breathing technique. Training is aimed not only at your body’s superficial muscles, but also at the more deep-seated stabilizing muscles. The goal of the course is to promote relaxation and increase your body’s mobility and overall well-being.

Fee in €: 89*/109
(*discounted course fee for Siemens Active e.V. members)

NEW:
The exact dates and times can be found on the website of Siemens Active München e.V.:
https://www.sam-mch.de/kursprogramm/anmeldung.html

¹ This is a preventive health course eligible for subsidies. Contact your health insurer to learn more.
Exercise

Stable Knees – Preventive Knee Training

This course is geared to mobilizing and stabilizing your knee joints while stretching and strengthening the supporting muscles. It also aims to show participants how they walk and perceive their body. This course will enable you to tackle any knee problems you have!

Fee in €: 89*/109
(*discounted course fee for Siemens Active e.V. members)

Shoulder-Neck-Mobility

Exercises designed to stabilize and mobilize your shoulder joints and stretch and strengthen the supporting muscles will help to relieve any tension in your cervical vertebrae and entire shoulder-neck area. The aim is alleviate shoulder and neck problems and prevent them from recurring.

Fee in €: 89*/109
(*discounted course fee for Siemens Active e.V. members)

NEW:
The exact dates and times can be found on the website of Siemens Active München e.V.:
https://www.sam-mch.de/kursprogramm/anmeldung.html

1This is a preventive health course eligible for subsidies. Contact your health insurer to learn more.
Relaxation

Yoga

Yoga is one of the oldest methods of releasing physical tension, calming the mind and thus helping to counteract our sedentary way of life and one-sided stress levels. The gentle but demanding exercises are aimed in particular at exerting a positive influence on your entire body.

"Soft Yoga" is ideal for newcomers and people with restricted mobility (e.g. due to back pains).

"Medium Yoga" is intended for people with little or only average yoga experience or as a next step to a Soft Yoga course.

"Advanced Yoga" exercises involve yoga positions that flow into each other in the rhythm of the participant's breathing. You should already have some experience of yoga before signing up for this course.

Duration: 60 minutes
Fee in €: 89*/109
(*discounted course fee for Siemens Active e.V. members)

Duration: 75 minutes
Fee in €: 109*/129
(*discounted course fee for Siemens Active e.V. members)

NEW:
The exact dates and times can be found on the website of Siemens Active München e.V.:
https://www.sam-mch.de/kursprogramm/anmeldung.html

1 This is a preventive health course eligible for subsidies. Contact your health insurer to learn more.
Relaxation

Qi Gong
Qi Gong acts to sustainably improve your body’s agility and posture, as well as your breathing. The gentle, circular movements are performed at a slow tempo. The meditative components of Qi Gong act to promote serenity, composure and inner peace. In this course, you will learn a special selection of Qi Gong exercises that you can also easily integrate into your daily routines. This will help you to regain a sense of physical relaxation and mental tranquility, and recharge your batteries. The advanced course requires prior knowledge of Qi Gong.

Fee in €: 79*/99
(*discounted course fee for Siemens Active e.V. members)

Feldenkrais Method
The Feldenkrais Method combines a knowledge of human development, neurology, anatomy and our ability to learn by playing games. Owing to injuries or various habits, we have often restricted our repertoire of movements with the result that certain muscles, joints and our spinal column have become overworked while other areas suffer from lack of use. This course focuses on honing our awareness and perception of our physical selves. It loosens and releases restraints and relieves pain.

Fee in €: 79*/99
(*discounted course fee for Siemens Active e.V. members)

NEW:
The exact dates and times can be found on the website of Siemens Active München e.V.: https://www.sam-mch.de/kursprogramm/anmeldung.html
The Siemens Active München e.V. association offers you a wide range of health-oriented recreational exercise and sports. Our courses are structured into a basic program and a specialized program of sports and exercise, covering cardio, fitness, relax & feel, rehab, martial arts, ball sports, outdoor activities, and classic sports.

For registration and questions

• SAM e.V. Questions about the association, its programs or membership:
  Phone: +49 (0)89 416123770

• Further information on the line-up of specialized sports and exercise, find out more from the respective section heads or online at the association’s Internet website.

Scheduling / Information on vacation periods

• The association's program of courses and events (i.e. its basic sports and exercise program, and the specialized program) runs all year round except during the summer vacation period in August. Only a limited number of preventive health courses are offered during school vacations. You can always find more information from the posted announcements in the sports and training facilities, and on the Internet.

• Schedules are subject to change without notice. Errors and omissions excepted.

Sports and event venues

The venues where courses and events are held are located inside or near the specified Siemens locations (with a 10-minute walk). Site plans are available at facility reception desks as well as on the Internet at: www.sam-mch.de
Available facilities and services

- Strength and endurance fitness equipment with fully automated setting functions
- Functional training room for exercising using just your body or with small equipment
- Dumbbells and barbells areas
- Coaching from qualified trainers
- Broad line-up of sports and exercise courses included in the basic fee
- Numerous preventive health courses

Book our "Starter Package" and save having to pay the registration fee, obtain a professional body analysis including evaluation, personal training advice and a tailor-made training plan for only €20.

Information on facility use and opening hours

Day passes are available as well as monthly and annual memberships

Call round for some trial training free of charge and with no obligation.

Find out for yourself all the benefits you'll gain!

Opening hours:
Mondays – Fridays
7:00 AM – 10:00 PM
Saturdays
2:00 – 6:00 PM

Further information at:
https://www.sam-mch.de

Contact:
Otto-Hahn-Ring 6
81739 Munich
Mch P, Building 29, Hall 2
Phone: +49 (0)89 416123774
email: info@sam-mch.de
At Studio Active located at Werner-von-Siemens-Str. 1 in Munich, our external service provider HIGH FIVE Health Promotion offers you the opportunity of having a personalized fitness program within minutes of your workplace.

Available facilities and services
- Workouts on state-of-the-art strength and endurance equipment
- A diverse and varied range of courses and events
- You'll find details on the program of courses and how to register for courses on the Internet at the following web address: https://siemens.highfive.fit/de/schedule/week
- Personal training
- Massages

Information on facility use and opening hours
- This Studio Active facility is available exclusively to active Siemens employees
- A first monthly membership fee of €30 is due after registering (membership can be terminated on monthly basis)
- Active Siemens employees also have the opportunity to use the Studio Active facility by purchasing a 10-entry pass €65 or a day pass for €10
- Opening hours:
  Mondays – Sundays
  12:00 AM – 12:00 PM (open 24/7)
- Staffed opening hours:
  Mondays – Fridays (daily)
  7:00 AM – 8:00 PM

Further information at:
https://siemens.highfive.fit

Contact:
Marius Seifert (Studio Head)
Phone: +49 (0)89 23750863
email: fitnesssiemens@highfive.fit
Fast-track your way to regeneration and relaxation

Are you bugged by tension, mental blocks or headaches at work?

Our fitness partners wellfeelin and HIGH FIVE offer you a solution within minutes of your office at the Mch P and Mch WvS locations.

Why not book a short chill-out break from work and let yourself be spoiled by our physio or massage therapists. You'll find targeted relief from any stress and strain you're suffering from.

Place
Building 29, Studio Active
(inside and outside entrance)
Building 12, Room 12.2 A88
near the North Entrance

Fee
€29.00 / 30 minutes
€27.50 / 30 minutes for persons insured by SBK

Private prescriptions may be accepted if presented prior to booking your appointment.

Payment
Possible by direct debit or in bar

Cancellation
Cancellations accepted free of charge if notification is received by email or phone by 5:00 PM at latest on day before appointment.

If you fail to appear for appointments or cancel too late, you will be charged 75% of the price.

Register at the customer portal:
service@wellfeelin.com
Book your appointments yourself at: http://customer.wellfeelin.com

Contact:
wellfeelin Customer Service
Phone: +49 (0)89 54468250
www.wellfeelin.com
Massage

Our massage services at the Mch P location

Place
Werner-von-Siemens-Str. 1
Studio Active, 3rd floor

Fee
€29 / 30 minutes (one massage)
€138 for 5-massage pass (5% discount)
€261 for 10-massage pass (10% discount)

Payment
by direct debit

Cancellation
Notification is requested by no later than 24 hours prior to the agreed appointment.

Registration:
https://siemens.highfive.fit/

Contact:
Phone: +49 (0)89 23750863
email: fitnesssiemens@highfive.fit
Site plan: Where to find Siemens' Mch WvS location

Siemens AG, Werner-von-Siemens-Strasse 1, 80333 Munich,
Phone: +49 (0)89 636-00

Adresse
Siemens AG
Werner-von-Siemens-Str. 1
80333 München

Anmeldung im Atrium
Tel +49 (89) 636-41111
Tel +49 (89) 636-81111

Empfang
Mo - So 00:00 - 24:00
PKW Einfahrt und LKW Zufahrt nur über Oskar-von-Miller-Ring.
Site plan: Where to find Siemens
Mch P

Siemens AG, Otto-Hahn-Ring 6, 81739 Munich, Phone: +49 (0)89 636-00
Address
Siemens AG
HR EHS DE HM-STH HP-MCH
Otto-Hahn-Ring 6
81739 Munich
Germany

Contact
Health Promotion Team
Phone: +49 (0)89 636-30622
email: hp-mch.hr@siemens.com

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Siemens Aktiengesellschaft
intranet.siemens.com/health-promotion