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**SIEMENS**

PREVENTION AT THE WORKPLACE

## Active Break

[intranet.siemens.com/health-promotion](https://intranet.siemens.com/health-promotion)

You would like to book an **Active Break** or are looking for further information, we are happy to help you:

### Email

[hp.mch.ehs@siemens.com](mailto:hp.mch.ehs@siemens.com)

### Further information

[intranet.siemens.com/health-promotion](https://intranet.siemens.com/health-promotion)



# Active Break – What's that?

An Active Break is a short active session to improve mobility and to build strength.

It includes varied exercises to ensure physical balance and bring activity into your work break.

Active Breaks counteract one-sided and strenuous posture and movement patterns. They help you train the cardiovascular system, improve circulation as well as release and prevent muscular tension.

On top of that, Active Breaks promote group dynamics and team development and help strengthen the mutual health culture at the workplace.



## Prevention at the workplace

### Key facts

- Target group:  
All Siemens AG employees and associated companies
- Costs: depending on frequency and duration
- Paid by: departmental cost center
- Booking by the manager
- Duration: 15 to 20 minutes, once or on a regular basis
- Location:
  - virtually via MS Teams
  - on-site at the workplace/in meeting room
- Participants on-site: 5 – 20 persons per session
- Participants online: 5 – 100 persons per session

### Content of practical exercises:

- Strength
- Stretching
- Mobilization
- Coordination
- Relaxation

The sessions will be tailored to your personal needs and your workplace and can be easily integrated into the workday.

