

Siemens AG  
Health Promotion Munich  
P&O EHS DE HM STH HP-MCH  
Otto-Hahn-Ring 6  
81739 Munich, Germany

Email: [hp.mch.ehs@siemens.com](mailto:hp.mch.ehs@siemens.com)  
[intranet.siemens.com/health-promotion](https://intranet.siemens.com/health-promotion)

© 10.2025, Siemens AG

**SIEMENS**

PREVENTION AT THE WORKPLACE

## Movement and relaxation sessions

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

You would like to book  
a **movement or  
relaxation session?**  
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)



# Movement and relaxation sessions

Our movement and relaxation sessions help you to start the day in an active and lively way or create the optimal transition into a relaxed evening. The exercises provide a balance to all the sitting and help you to mentally relax and recharge your batteries.

Choose the right offer for you and your department now.



# Health – Sports/ movement and Well-being

## Key facts

- Target group: All Siemens AG employees and associated companies
- Costs: on request
- Paid by: departmental cost center
- Booking by the manager
- Duration: 45 - 90 minutes
- Location:
  - virtually via MS Teams
  - meeting room on-site
- Number of participants: by arrangement

## Session content:

- Morning sport
- Running
- Workout
- Yoga
- Pilates
- Functional Training
- Progressive Muscle Relaxation
- And more

The content is tailored to you, your team and your daily work routine and is easy to implement.

