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PREVENTION AT THE WORKPLACE

Movement and relaxation sessions

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

Further information

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.

