

## Invitation “Healthy Back Day”

Talks, checkups and taster courses

Tuesday, May 21, 2019, 9 a.m. - 4 p.m., building 26

<p><b>THROUGHOUT THE DAY:</b></p>	9:00	<p><b>Opening of the “Healthy Back Day”</b> by the managing director Kerstin Günther</p>
<p><b>Back Check Examinations</b> Measurement of abdominal and back muscle strength and tips for trunk exercises to avoid back pain. Registration required. Building 26, entrance hall</p> 	9:00-10:00	<p><b>Talk “Backfit through the daily work routine”</b> Simple, understandable and practical, the talk conveys knowledge on the active design of workplaces. Practical tips and a guideline to improve your own workspace as well as your concentration. Building 25, room 001 9:00-10:00 Talk in English, Jezabel Ohanian 10:30-11:30 Talk in German, Karin Gmelch</p> 
	10:30-11:30	
<p><b>EMG Muscle Tone Measurement</b> Measurement of muscle tone in the neck and the shoulders. Tips for muscle relaxation. Registration required. Building 26, room 011</p> 	9:00-12:00	<p><b>Counseling by the Medical Service</b> Dr. Hoffbauer and the medical service team will be at your disposal to answer all questions on health and safety at work.</p>
	13:00-15:00	<p><b>Ergonomic Counseling</b> Tips for ergonomically optimizing your workspace appropriate and ergonomically placed office devices. Occupational safety (ISA). Building 26, left hallway</p>
<p><b>Mini-Relaxation Exercises</b> Simple relaxation exercises in the workplace lasting 3-5 minutes. 2 sessions, approx. 25 minutes BGM, Susanne Demmeler, Building 26, room 013</p>	10:00-10:30	<p><b>Compensatory workplace exercises</b> Most of the day-to-day work takes place while sitting or is characterized by one-sided, repetitive movements. Appropriate exercises help you to compensate one-sided strains. 2 sessions, approx. 25 minutes Astrid Lauxen, Building 26, room 013</p>
	14:30-15:00	
<p><b>XCO taster course</b> 25-minute XCO dumbbell back workout. Intense back strengthening caused by the reactive effect of the dumbbells’ inertia. 2 sessions, approx. 25 minutes Pepp4Success. Registration required. Building 26, on the football field</p>	12:00-12:30	<p><b>Open course program</b> Take a look at our diversified course offerings. On this day regular courses (HiIT Training, Functional Training, Yin Yoga and Vinyasa Yoga) will be open. Pepp4Success. Registration required. Building 26, room 013</p>
	14:00-14:30	
<p><b>10-15 Minute Mini-Massages</b> by our physiotherapist Anke Sengewald. Registration required. Building 26, room 009</p>	13:45-16:00	

