




Happy Health Day

An inspiring health day – with practical ideas for increased performance, back health and well-being in the everyday office life.



Workplace Health

Happy Health Day offers a unique opportunity to promote health and well-being in the workplace. With tailor-made workshops and individual analyses, we support your employees in developing healthy habits and maintaining them in the long term.



Holistic Approach

We consider all aspects of health: physical, mental and emotional.



Individual Goals

Each participant develops personal health strategies for everyday working life.



Team-oriented

Joint activities strengthen cohesion and promote a healthy corporate culture.

4 Key Benefits



1. STRENGTHENING ACTION COMPETENCIES

In interactive workshops, employees develop their individual health strategy. They learn to formulate health goals independently and implement them successfully – with the help of proven methods.

Result: A clearly structured, personal action plan – tailored to individual needs, everyday working life and specific challenges.



2. DEVELOPMENT OF IMPLEMENTATION COMPETENCIES

Participants develop individual strategies for nutrition, exercise, sleep and regeneration – supported by:

- Behavioural matrix for analysis and reflection
- Self-commitment contract with reward and consequence system

Result: Immediate and sustainable establishment of healthy habits in everyday life.



3. SUSTAINABLE ANCHORING

Employees receive objective health data through scientifically sound screenings. This is complemented by:

- Personal 1:1 coaching and digital support
- Continuous progress monitoring

Result: A long-term sustainable health plan with individual support.



4. MULTIPLIER EFFECT

Participants act as positive role models in their environment – they promote:

- Motivation and willingness to perform
- Team spirit and cultural change
- Integration of health into the corporate culture

Result: Creation of implementation champions who sustainably inspire their environment.



Happy Health Day- Planning



9:00 | Meetingroom

Start-Kick-Off: "Impulse and Awareness" - Motivational impulse presentation to activate all employees



9:30-11:30 | Room 1

Individual Screenings: Anti-Stress "Resilience-Reset" / 8 min per employee



9:30-11:30 | Room 2

Individual Screenings: Metabolic analysis "Metabolic Boost" / 6 min per employee



11:45-12:15| Meetingroom

Workshop: *"Understanding the Stress System & Implementing Immediate Measures"*



12:15-13:00

Break



13:00-15:00 Room 1

Individual Screenings: Anti-Stress "Resilience-Reset" / 8 min per employee



13:00-15:00 Room 2

Individual Screenings: Metabolic analysis "Metabolic Boost" 6 min per employee



15:15-16:00 | Meetingroom

Workshop: *"Metabolic Boost Analysis-Insights & First Steps for Improvement"*



16:15

Q&A

Happy Health Day-Seminars

One Day – tailored to the needs of the team

Every workshop and activity is designed to be practical, motivating and results-oriented – with the aim of being able to take away and implement concrete measures for a sustainable improvement in health directly. Here is a small overview of the possible workshops:



Kick-Off: "Impulses and Awareness"

Motivating impulse presentation to activate and inspire employees with practical food for thought. Health is not created in the gym, but in the middle of everyday working life. Small changes have a quick and lasting effect. Goal: To create awareness and show that health doesn't have to be complicated.



Practical

All content can be applied directly in everyday working life and is tailored to the specific challenges of the participants.



Workshop: "Nutrition for more energy"

Brainfood: What promotes mental performance in everyday working life? The most common nutritional pitfalls in the office and tips for healthy snacks & smart lunch breaks. Benefit: More energy, stable blood sugar levels, better concentration.



Motivating

Interactive formats and positive experiences of success ensure high motivation and engagement.



Exercise unit: "Strong back in the office"

Mobilisation, strengthening and stretching at the workplace. Everyday exercises to relieve the back and neck. Short programme for regular breaks. Benefit: Fewer tensions, active prevention against back pain.



Results-oriented

Clear goals and concrete action plans guarantee measurable success and sustainable changes.



Mini-Workshop: Healthy routines in everyday office life

Clever tools & micro-habits for more exercise, better posture and mental balance. Tips on ergonomic workplace design and stress reduction through conscious breaks. Benefit: Better self-regulation, more balance in everyday working life.

Anti-Stress: "Resilience-Reset"

Analyse Individuell

- Stress Check: Individual short analysis (8 minutes) of the current stress level using HRV measurement – with direct personal feedback.

Workshop

"Understanding the Stress System & Immediate Measures for Everyday Life" Compact impulse with practical tools for more inner peace and resilience – immediately implementable in professional and private life.

Goal: Employees learn to recognise stress patterns early and regulate them in a targeted manner – for more concentration, relaxation and performance.



Mehrwert:



Better concentration



Lower stress peaks



Fewer downtimes



Quickly applicable relaxation techniques



Better sleep



Growing Performance

Body and Metabolism Analysis: "Metabolic Boost"



Individual Analysis

- Metabolic Screen: Quick analysis of the individual metabolic type (e.g. energy turnover, fat burning, calorie balance) with direct feedback.

Workshop

"Analysis Insights & First Steps" Easy-to-understand evaluation of the results plus practical recommendations for everyday life and work - including quick wins.

Goal: Participants understand their metabolic type and learn how to specifically optimise energy levels, nutrition and fat burning.

Added value:



Immediate "Aha!" effects

New insights into your own body and how it works



Avoiding performance lows

Strategies against the afternoon slump and for constant energy



Better snack decisions

Individual recommendations for optimal nutrition in everyday office life



Targeted fat burning

Optimise your metabolism with small changes in your everyday life

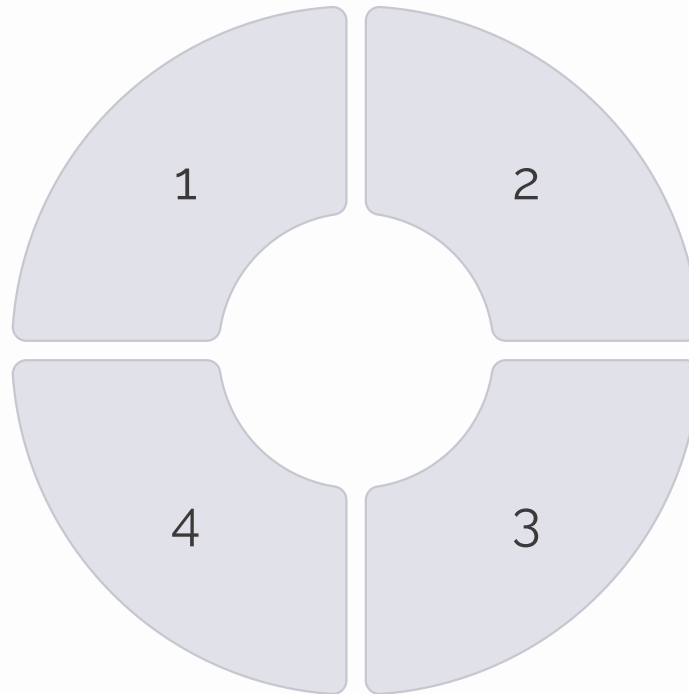
Your Advantages at a Glance

Personal Health Strategy

You will not only receive knowledge, but also a clearly defined, personal health strategy (Workbook).

Team Strengthening

You not only strengthen yourself but also the entire team through your role model effect (group dynamics).



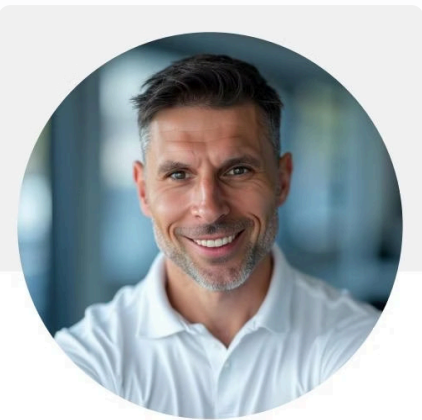
Sustainable Integration

You integrate health-promoting behaviour (Workshop) directly and sustainably into your everyday life.

Professional Support


You will receive professional support through sound data, coaching and progress monitoring (App+ reTesting).


Your Experts




Damian Stoklosa - Expert for implementation and performance management based on behavioural coaching

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Certified Behavioural Trainer & Sports Economist (FH)





Specialist for Corporate Health




Max Herres - Expert for training science and nutrition

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Certified Sports Scientist



Personal Trainer

