



Wer sich bewegt, bewegt etwas

Mitarbeitergesundheit im Fokus

Roman Heinzle



# MANGELNDE BEWEGUNG AM ARBEITSPLATZ



A close-up photograph of two hands shaking in a firm grip. The hands are positioned in the center of the frame, with the fingers interlaced. The person on the left is wearing a dark blue suit jacket, and the person on the right is wearing a white dress shirt with a dark blue suit jacket. The background is dark and out of focus.

# BETRIEBLICHES GESUNDHEITSMANAGEMENT



# MOTIVATION ZUR BEWEGUNG





FREUDE UND SPASS  
AN DER BEWEGUNG



# GEMEINSAME AKTIVITÄTEN





GEMEINSAME ZIELE

A close-up photograph of two hands, one from a person in a light blue shirt and another from a person in a dark blue shirt, cupping a mound of dark, rich soil. A small, vibrant green seedling with several leaves grows from the center of the soil. The background is dark and out of focus.

KOPPLUNG AN SOZIALES ENGAGEMENT



ZAHLREICHE BENEFITS



# PRAXISBEISPIELE



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