



Active Workplace

Best Practice - Projects

Stadt Graz & Holding Graz



Our goal: to motivate and empower people to lead a healthy lifestyle

- There are offers on the 3 main topics: Exercise, nutrition and mental health
- Employees should familiarise themselves with various methods relating to these 3 focal points
- Employees should be empowered to integrate what they have learnt into their daily lives and everyday work.



2 - Best Practices – Projects in Graz





Spine programme of the City of Graz

- A success story for more than 15 years with around 7000 participants
- Realisation: Jeannette van Weerdenburg, employed sports scientist

employee: internal survey 2007

- **1122 employees want spine programmes**



Start 2007 Healthy and upright

- Seminar "Healthy spine at work and in everyday life" (4 hours theory)
- Spinal gymnastics
- Advice on all aspects of the musculoskeletal system



Aims of the spinal programme

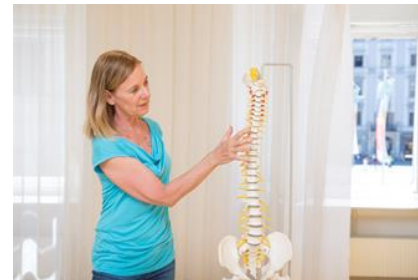
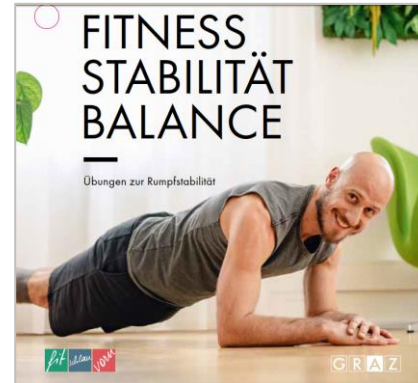
motivate and enable employees to adopt healthy and spine-friendly behaviour

- Regular input for a healthy back and improved body awareness
- Improving health and quality of life
- Increasing job satisfaction



Ongoing further development and permanent implementation

- Body workout
- Moving break
- Yoga
- Balancing exercises at the workplace
- Movement break
- Advice on the musculoskeletal system
- Fitness-Stability-Balance brochure



Keeping the musculoskeletal system functional, mobile and healthy

- Warm up
- Mobilise
- Stretching
- Strengthening



stretching der Oberschenkelbeuger



strengthening der Gesäßmuskulatur



Fitness-Check

ANGABEN ZUR PERSON - personal details

Name _____

Datum _____

MESSWERTE - measured values



Alter			
Größe [cm]			
Gewicht [kg]			
Bauchumfang [cm]			

AUSWERTUNGEN - analyses



Body-Mass-Index [Zahl]			
Körperfettanteil [%]			
Viszeraler Fettanteil [%]			
Skelettmuskelanteil [%]			
Ruhemetabolismus [kcal/24 h]			

AUSDAUER - endurance



Aerobe Leistungsfähigkeit [Herzfrequenz/Erholung]			

BEWEGLICHKEIT - mobility

1 = normal | 2 = gering verkürzt | 3 = verkürzt

	1	2	3
Nackenkulatur	☒	☒	☒
Brustmuskulatur	☒	☒	☒
Arm- und Handgelenksbeuger	☒	☒	☒
Untere Rückenmuskulatur	☒	☒	☒
Hüftbeuger	☒	☒	☒
Oberschenkelstrecker/Vorderseite	☒	☒	☒
Oberschenkelbeuger/Rückseite	☒	☒	☒
Waden-/Schollenmuskulatur	☒	☒	☒
Waden-/Zwillingswadenmuskulatur	☒	☒	☒

KRAFT - energie

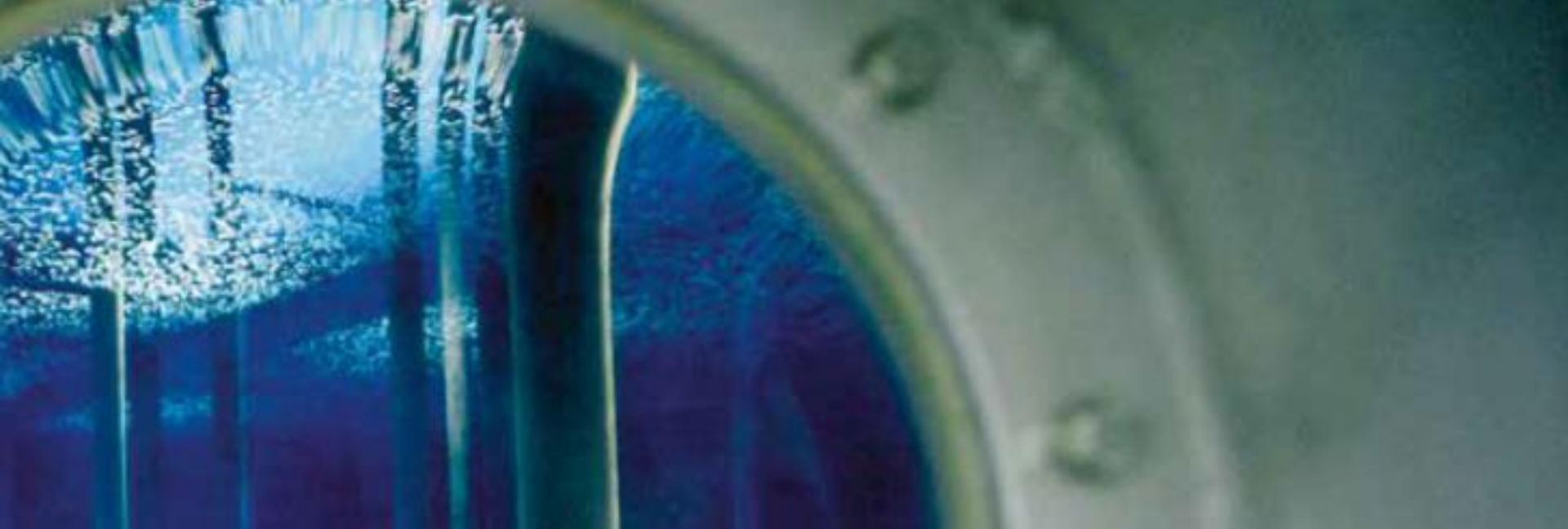
1 = normal | 2 = gering abgeschwächt | 3 = abgeschwächt

	1	2	3
Schulterblattfixatoren	☒	☒	☒
Rückenmuskulatur	☒	☒	☒
Bauchmuskulatur	☒	☒	☒
Gesäßmuskulatur	☒	☒	☒



Balancing movements at the workplace (AaA)





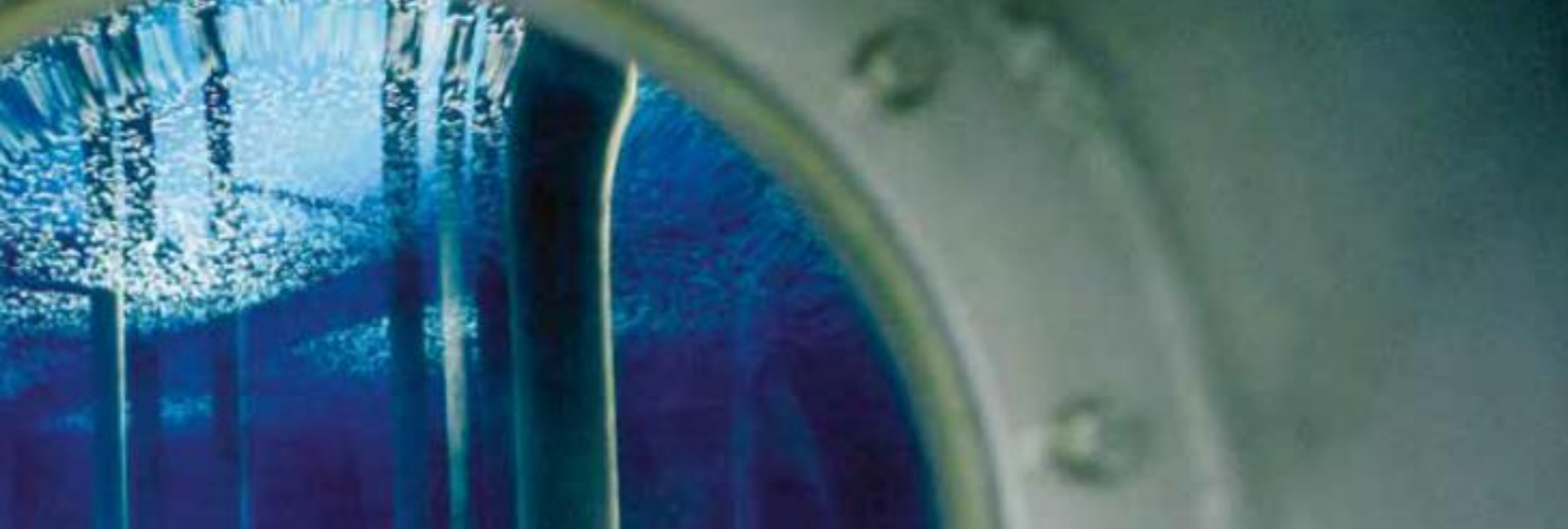
AaA - What are our goals?

- Development of workplace-specific exercise tips
- Consideration of different employee groups
- Focus: disadvantaged employee groups
- Improving physical activity behaviour at the workplace and in leisure time



AaA - different target groups and workplaces

- Focus: 75% workers - on and under the road, in green spaces, in workshops, in waste or water management
- Of these, a large group of travelling personnel - on buses and trams
- And of course also office workstations



AaA - Contents

- Analysis of workplace-specific movements
- Recommendations for action: Posture corrections & tips for everyday working life
- Balancing movements in work and leisure time
- Nutrition tips for shift work
- Development of brochures
- Knowledge transfer



Analysis of workplace-specific movements

- How are movements carried out (correctly)?
- How are work processes organised?
- What aids are used?
- Analysis by sports scientists
- 'internal models'



Analysis of workplace-specific movements



GRAZ

Tips for everyday working life

- What can be organised differently?
- Which auxiliary equipment can be used?



Nutrition tips

- Focus on shift and night shifts
- Topic drinking
- Which meals are beneficial?
- Tips on meal times



Balancing movements for work and leisure time

- 2-hour on-site workshops on the contents of the brochures
- Movement coaching via our coaching pool
- Tips with VibesTV - online-Trainings@work



Outlook - Focus on drivers

- Creation of brochures for buses and trams
- Focus on seating position in different vehicle types
- Focus on nutrition and concentration
- Utilisation of compensation/reserve times and breaks

What's NEW:

Supplemented by videos + Knowledge transfer: training of internal trainers

Thank you for your attention

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