



## SIT-LIFE BALANCE TRAINING

SIT ACTIVELY. MOVE EASILY. STRENGTHEN YOUR BACK.



### KEEPING FIT IN THE OFFICE – HOW CAN I STAY HEALTHY AT WORK?

These practical, easy-to-implement training modules will show you how to fit more activity into your working day and consequently make it healthier for you. With digital assistance from the S 4.0 sensor, participants will strengthen their back and benefit from improved stamina, coordination and flexibility. The S 4.0 sensor is an approved class 1 medical device that can be used with any office swivel chair made by any manufacturer. The training course also provides information on eating a healthy, balanced diet, and offers tips on how to manage stress effectively.

The programme is designed to improve employees' and company departments' awareness of health issues so that they can take responsibility for their own wellbeing. This knowledge can then be shared further by in-house trainers trained by us.

### YOUR COMPANY SOLUTION:

- Tailored training modules and series, e.g. six modules in six days/in six weeks/of one hour each with certified sports scientists
- Programme can be run as a "health day/week/month"
- Train-the-trainer programme for long-term implementation in your company

Experience the combination of analogue movement training and digital everyday coaching and put them into action!

THE HOLISTIC LONG-TERM SOLUTION FOR  
OCCUPATIONAL HEALTH MANAGEMENT.

# TRAINING DESCRIPTION

This training course will show you how to fit more activity into your working day using simple movement exercises that will also improve your strength, stamina, coordination and flexibility, and thus strengthen your back. The sensor will digitally and sustainably reinforce the knowledge you have acquired and your new-found understanding of all the factors that contribute to staying healthy at work. The sensor blends the analogue world with the digital one by giving you feedback about your sitting habits and prompting you to move.

## CONTENT:

The training course is divided into six modules and can be expanded to twelve if needed.

## DURATION:

- 60 minutes per module

## MODULES 1 TO 6:

- Mobilising the spine
- Activating the upper back
- Rotating the spine
- Stretching the muscles on the sides of the neck
- Stabilising the thighs
- Strengthening the chest and back muscles

## MODULES 7 TO 12:

- Strengthening the neck muscles
- Strengthening the thighs
- Strengthening the muscles in the (back of) the neck
- Strengthening the stomach muscles
- Strengthening the shoulders
- Summary of training course content

## STRUCTURE OF THE TRAINING MODULES:

- Warm-up: Movement exercise
- Core content: Providing information about the subject of the training course (nutrition, movement, stress management), movement exercise in the group with and without small training equipment
- Knowledge sharing: Training material for analogue and digital transformation
- Finish: Outlook and movement exercise

## TRAINER:

Nadine Semma  
Certified sports scientist

## NUMBER OF PARTICIPANTS:

Min. 12, max. 20 participants

## COSTS:

We will give you a custom quote based on your needs.



## ENQUIRIES

Interested in what we have to offer?  
Then please feel free to contact us at:  
[www.interstuhl.com/academy](http://www.interstuhl.com/academy)



If you have any questions about the Interstuhl Academy, please contact:

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