## Record participation in the health weeks

# SIEGENIA is committed to the fitness of its employees

For the second time the SIEGENIA GROUP invited its employees this year to encourage their personal fitness in the scope of the health weeks – with impressive success: almost 400 participants enthusiastically accepted the extensive offer. "The health of our employees is close to our heart. We are absolutely delighted with this fabulous response. It confirms the choice of our offers and is a great motivation for us to continue the health weeks in the coming years", explained the team from SIEGENIA HR Management, who had compiled and organised the offers at the German sites.

SIEGENIA came up with a special incentive to give employees the motivation to participate: all participants received a SIEGENIA muesli bowl as a gift. Moreover, the Siegerland company held a raffle among active participants, where the prize was a bicycle with a value of 2,500 Euro. The winner of the prize will be drawn before Christmas.

#### Yoga, running and healthy eating

The offer for the employees at the headquarters in Wilnsdorf-Niederdielfen comprised a balanced mixture of online and in-person events. To this end, SIEGENIA built on highlights from the past health weeks and supplemented these with new offers. In no time, for example, the free CardioScan and the back or body check were booked, for which SIEGENIA set up additional appointments in the short-term. Likewise, there was a huge response to the special offers in the company canteen, based on balanced nutrition, and to the running group in the Sieg-Arena. The online programme, ranging from back exercises to a lecture on mental health and extending to a yoga course were taken up enthusiastically. Further dates for the back exercise and yoga course are available after the end of the health weeks.

The feedback from the participants has been positive throughout. From alternative meal offers in the company canteen, valuable posture tips for activities in production and administration and extending to monitoring of the running group, they declared their enthusiasm and signalled their wish for this to continue again soon. The majority are already looking forward to a new version in the coming year.

#### Captions

Image database: SIEGENIA

*Image I: SIE\_Gesundheitswochen 2022\_2353.jpg*

Health weeks at the SIEGENIA GROUP: almost 400 participants enthusiastically accepted the extensive offer.

*Image II: SIE\_Gesundheitswochen 2022\_2394.jpg*

From the free CardioScan to the back or body check, the free medical offers were received with great popularity.

*Image III: SIE\_Gesundheitswochen 2022\_2331.jpg*

There was also a huge response to the special offers in the company canteen, based on balanced nutrition.

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