



*Image title: Graduate fitness economist Christian Braun gives advice on how to compensate for the physical effects of sitting at the workstation for long periods of time. © alfaview gmbh*

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## Remaining fit at work

Health management is a major priority at the video conferencing company alfaview<sup>®</sup> and the educational company alfatraining. The whole team regularly regularly participates in health-related seminars. The latest course of the series put a focus on a “Healthy back at work” in order to create a more dynamic day at work or in the home office. The lack of commuting, closed gyms and curfews lead to a lack of exercise in everyday life, especially during the coronavirus pandemic.

### **Integrate exercise into the daily work routine**

Trainer Christian Braun, a graduate fitness economist, offered valuable advice on how to compensate for the physical effects of sitting in front of the screen for long periods of time. Simple exercises which can be carried out at the workstation allow for movement in between. Regularly changing your seating position also prevents health complaints. [Studies](#) show that a majority of German employees suffers from backaches at least occasionally. In this regard, even short exercise units can have [positive effects](#).

### **Video conferencing software takes trainer into the home office**

As the seminars are held via the video conferencing software alfaview<sup>®</sup>, not only employees in the office can participate in the courses, but also the ones who are currently – often due to the pandemic

– working in the home office. Thus, alfaview<sup>®</sup> allows sharing experiences, which otherwise would not be possible at the moment, such as going to the gym or having a drink after work. By bringing the team together audiovisually, alfaview<sup>®</sup> creates a sense of community that has been missing in lots of areas of life since the beginning of the pandemic.

**Sustainable health promotion programmes**

“Modern communication tools like alfaview<sup>®</sup> transform the workplace into a virtual gym, where we can motivate each other. This increases fun at work as well as the mental well-being of the entire team,” says CEO Niko Fostiropoulos. Therefore, further courses led by qualified trainers are planned for the future, e.g. concerning eye health and nutrition. Furthermore, the company provides a dynamic health management: offers such as leased bikes and a free supplementary health insurance facilitate the way into an active and healthy life.