

Invitation to the 1. MPSPD Health Day

21. Nov. 2018 from 10:00 – 17:00 h
In SR I-III and Foyer

ICAROS – Virtual Fitness Check-up

All-day in the foyer

A combination of workout machine and flight simulator!
Fly through a virtual landscape with ICAROS and train train body
tension, reflexes, balance and muscles at the same time!



Info desk in the foyer

- Techniker Krankenkasse (consulting and brochures)
- On the subject health in general and Betriebliche Wiedereingliederungsmanagement am MPSPD

Talk: „Back Health“ – A guideline for self-management - in English and German – SR I

All-day

From 10:45 h **Ergonomic work place assessment** (approx. 15 min./person)

From 10:00 h **Flexibility-Check** (approx. 15 min./person) – SR III - **PLS. REGISTER!**

From 10:00 h **Spine-Screening** (approx. 15 min./person) – Foyer - **PLS. REGISTER!**

PLEASE REGISTER! – taster course – SR II (in English)

10:45 – 11:30 h Pilates –

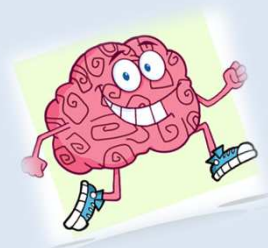
Within deep focus you engage all muscles throughout your whole body.
You will experience improvements of body + mind within the 1st session.

13:00 – 13:45 h Coordination with life-kinetics elements

Train your brain! After this session you will be relaxed and mentally
prepared for your daily work-life-challenges.

14:45 – 15:30 h Moderate endurance training with boxing elements

Endurance training often lacks variety. Why not try to spice it up with a
„best of“ exercise selecting from boxing? Anyone can join!



For registration please follow the according Doodle-Links in Angel's e-mail