

Offerings // uvex health days 2015

Business Yoga

Gentle yoga and breathing exercises that can be performed in business attire. Objective: Activation of the musculoskeletal system to relieve unilateral loads and ease tense muscles.

Brain Jogging

Active Workshop: The brain is challenged by non-daily coordinative movement to solve problems creatively. Objective: increased performance and an active regeneration of the brain in frequently steady work patterns in daily routine.

Short relaxation

Providing information on the functioning of the brain during stress and small exercises for short relaxation for everyday working life.

Business Massage

Through a special combination of manual techniques and pressure points the massage relaxes the muscles and increases circulation. Objective: You can start relaxing for 15 minutes in a single appointment.

Skincare Station

An expert tells you about the proper skin care and gives you tips about what kind of skin care products are used in your company.

iPad back test

A back test can be performed with approximately 30 questions with the iPad and gives information about the individual's risk of back pain.

Strengthening the immune defense

Information desk about the strengthening of the immune defense.

Pupillography

Determination of the sleepiness degree for shift and night work. In case of daytime sleepiness characteristic changes appear on the pupil diameter, which can be measured and evaluated.

Age simulation suit

Through the age simulation suit you can experience typical limitations of older people. These age-related limitations can be counteracted by regular exercise. Objective: With the age simulation suit you can be motivated to regular exercise or physical activity

Intoxication glasses

With the intoxication glasses risks of alcohol consumption, the dangers of addiction and long-term damage of alcohol abuse can be addressed. The intoxication glasses simulate thereby the state of impairment at a blood alcohol concentration of 0.8 and 1.3 per thousand.

Ergonomics Consulting

Expert advice for the correct setting of desk, chair, screen, ergonomic aids and lighting.

Action Mobil "Healthy Back"

Various test stations provide objective measurements to assess the functional status of the back. You will receive a written summary, a total-back profile and personalized training plans.