



# Active Workshop

Teaser for an active and healthy lifestyle

This workshop will show you the holistic nature of health. We will show you how you can (re)integrate more sport / exercise / fitness training, a healthy diet and stress reduction into your everyday life in order to stay healthy. You can use skills you already know from your professional life to successfully manage your body and your health holistically.

**BodyManagement®KG**

Managing Director: Alexander Gimbel

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KörperManagement®  
Ihr Körper. Ihr Kapital.

## Finding Balance: A Workshop for Health & Well-being

Do you ever feel like one task follows another, meetings fill your schedule back-to-back, and there's barely a moment to catch your breath? You find yourself eating on the go, skipping breaks, and by the end of the day, there's no energy left for exercise. The stress keeps building, and your well-being takes a backseat.

If this sounds familiar, then this workshop is for you!

Over time, this kind of routine can take a toll on your health. Lack of movement, an unbalanced diet, and constant stress can contribute to issues like high blood pressure, back pain, or even long-term health conditions.

But it doesn't have to be this way!

You probably already know strategies for staying healthy - we're here to help you put them into practice. In this workshop, we'll explore simple ways to incorporate movement, recovery, and balanced nutrition into your daily routine. Through hands-on activities, practical tips, and step-by-step guidance, you'll gain the tools to take charge of your well-being and build lasting habits.

Join us to make small but effective changes that fit into your everyday life!

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### Location:

- online meeting
- conference room
- hybrid

### Equipment:

- no specific equipment required, comfortable clothing recommended, as it is a mix of theoretical input and practical (no sweating!) exercise

Time: 60 -90 min (including Q&A session)

### Number of participants:

- online: unlimited
- offline: depending of the room size
- max. 12 people recommended to allow individual action