

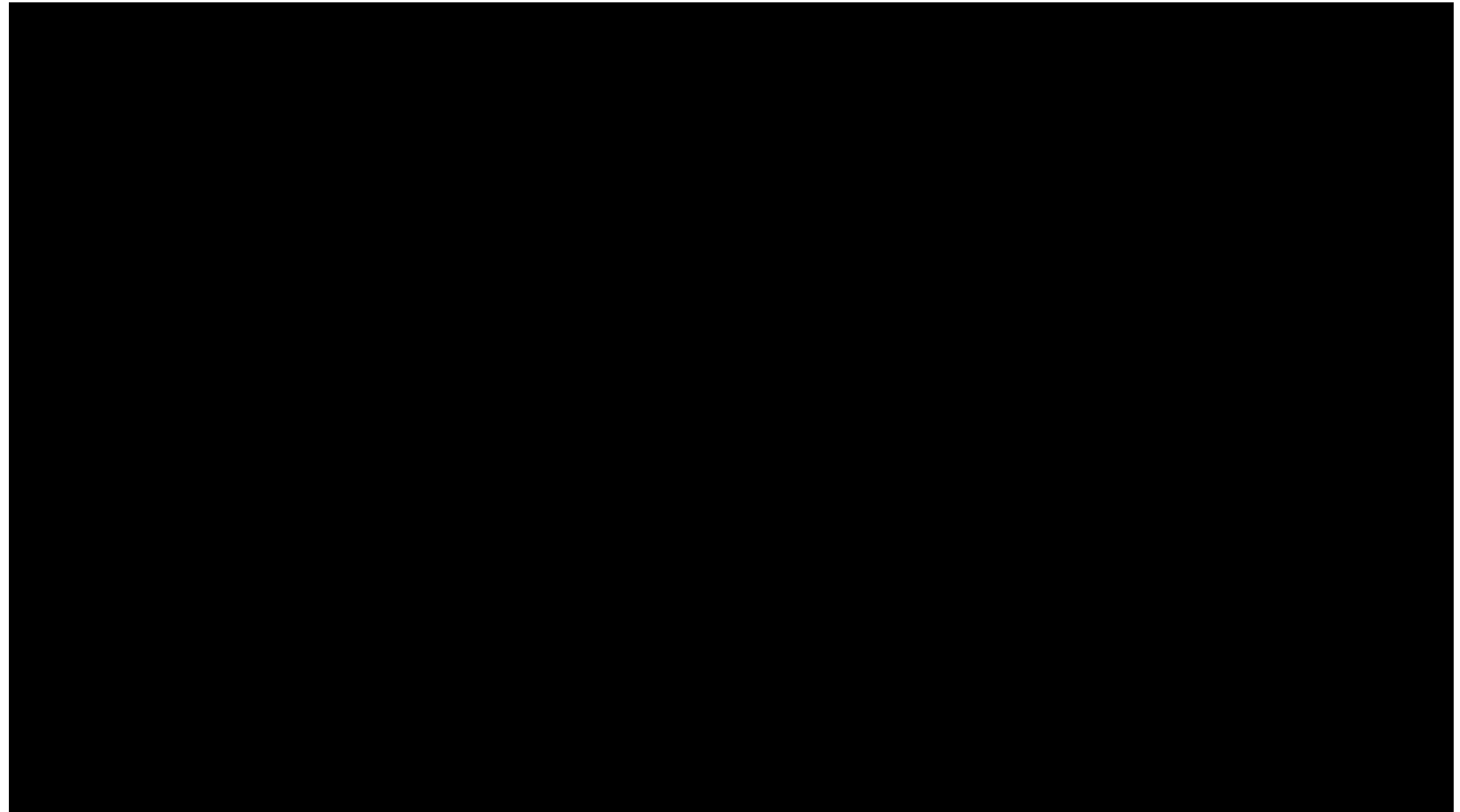
Wellbeing and Health Management UniSport FU Berlin

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1. UniSport
2. Wellbeing and Health Management UniSport
3. “PausenExpress“



1. University Sport at Freie Universität Berlin



1. University Sport at Freie Universität Berlin



Sport Camps



Family and Sports



Dancing



Inclusion



Fitness



Health and Sports



Bodymovement

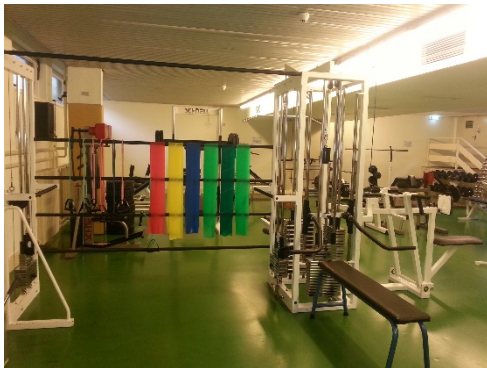


Watersports and
Teamsports



Martial Arts

1. University Sport at Freie Universität Berlin

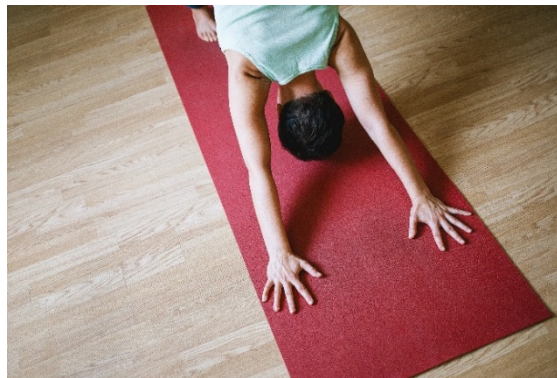


KRAFT
KLUB

2. Wellbeing and Health Management UniSport

Overview:

- **special courses only for employees** like Zumba or Pausenexpress-Power
- **paybacks:** University got a special health support program called „Fundament Health“ (staff department); some sport classes will be paid by the university; twice a year
- **events:** Health Day, Company Run, Campus Run
- **“Pausenexpress“** – a 15-min.- active break for employees



2. Wellbeing and Health Management UniSport

- paybacks for courses like...

Tai-Chi
Laufen Stretching
Meditation Rückenschule
Walken Alexander-Technik
Konditionstraining Nordic
Fitnessstudio-KRAFTKLUB
Fit-Mix Muskelentspannung
Walking Beweglichkeitstraining
Wirbelsäulengymnastik Yoga
Faszientraining Progressive
Indoor-Cycling Feldenkrais
Rückenfit Body-Shape Qi-Gong
Pilates

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Health Day - September

- in cooperation with „FUndament Health“ and the training center
- team-challenge: 30 teams, workshops, lectures
- many exhibitors (health insurances, corporate doctor, work safety team,..)

Berlin Company Run – June 21th

- in cooperation with „FUndament Health“
- preparation running courses
- running, skating or walking



2. Wellbeing and Health Management UniSport

Campus Run – July 9th

- around the campus area (parks, street)
- 5km or 10km (or Bambini-Run)
- Running or Walking



3. Pausenexpress

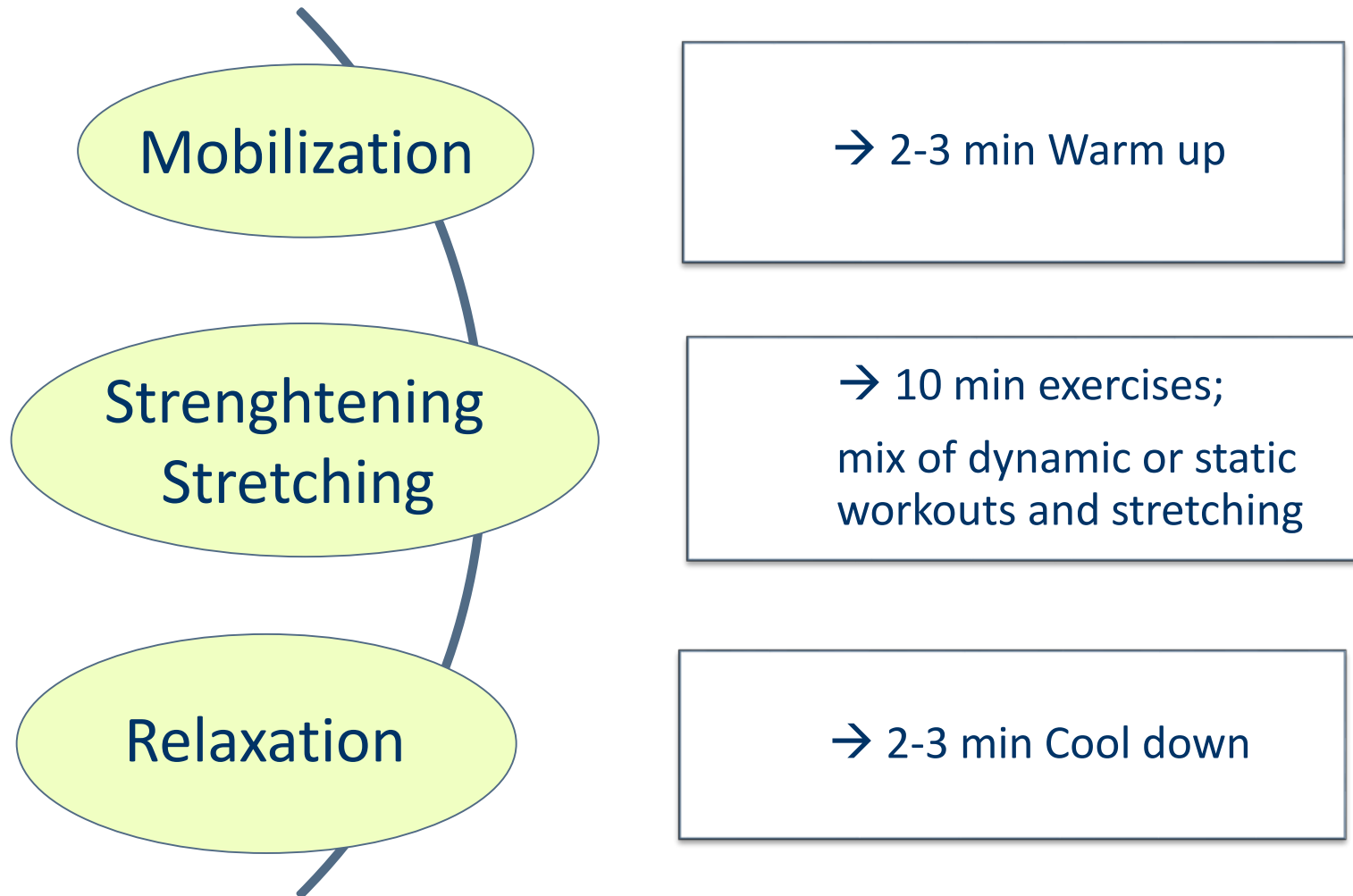
What?

- Active break for employees
- 1x / week, 15 minutes Trainer comes to your office
- 4-8 people = 1 group; between 11am - 2 pm
- 3 periods a year (around 10 weeks per period)
- For free, employees „pay“ with breaktime
- No change of clothes necessary
- Standing, sitting – all without sweating!
- Mobilization, strenghtening, stretching / relaxation
- Program focused on shoulder, neck and back areas
- Fun guaranteed

hochschulsport
pausenexpress



3. Pausenexpress





3. Pausenexpress

How?

- ✓ sport activity has a great preventional characteristic
- ✓ motion is the best recipe to stay healthy
- ✓ integration of sporting activities in living and working environments is up to date
- ✓ some universities developed the concept together with adh (university sport association)
 - first groups in 2009
- ✓ idea of Pausenexpress was born
- ✓ exists all over germany at the university sports
- ✓ since October 2013 in Berlin at Freie Universität
- ✓ supported by the university management - employees get it for free



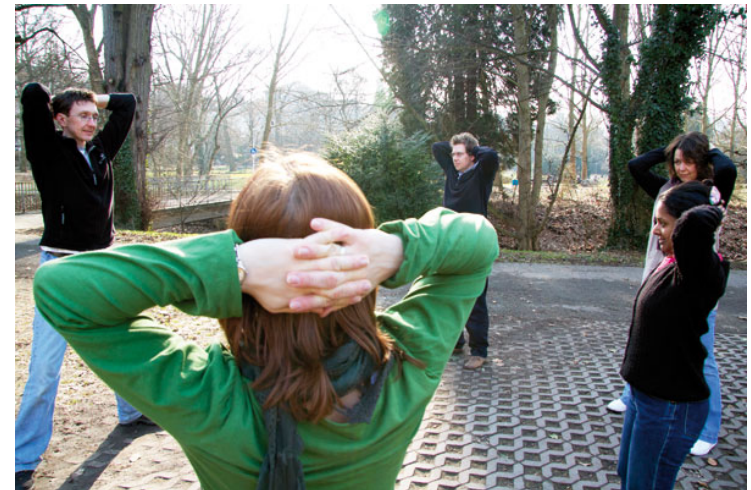
hochschulsport fu berlin
pausenexpress



3. Pausenexpress

Why?

- ✓ improvement of work climate
- ✓ awareness of health behavior
- ✓ activating the brain / increases performance
- ✓ appreciation, identification promotion, team building, improvement of communication



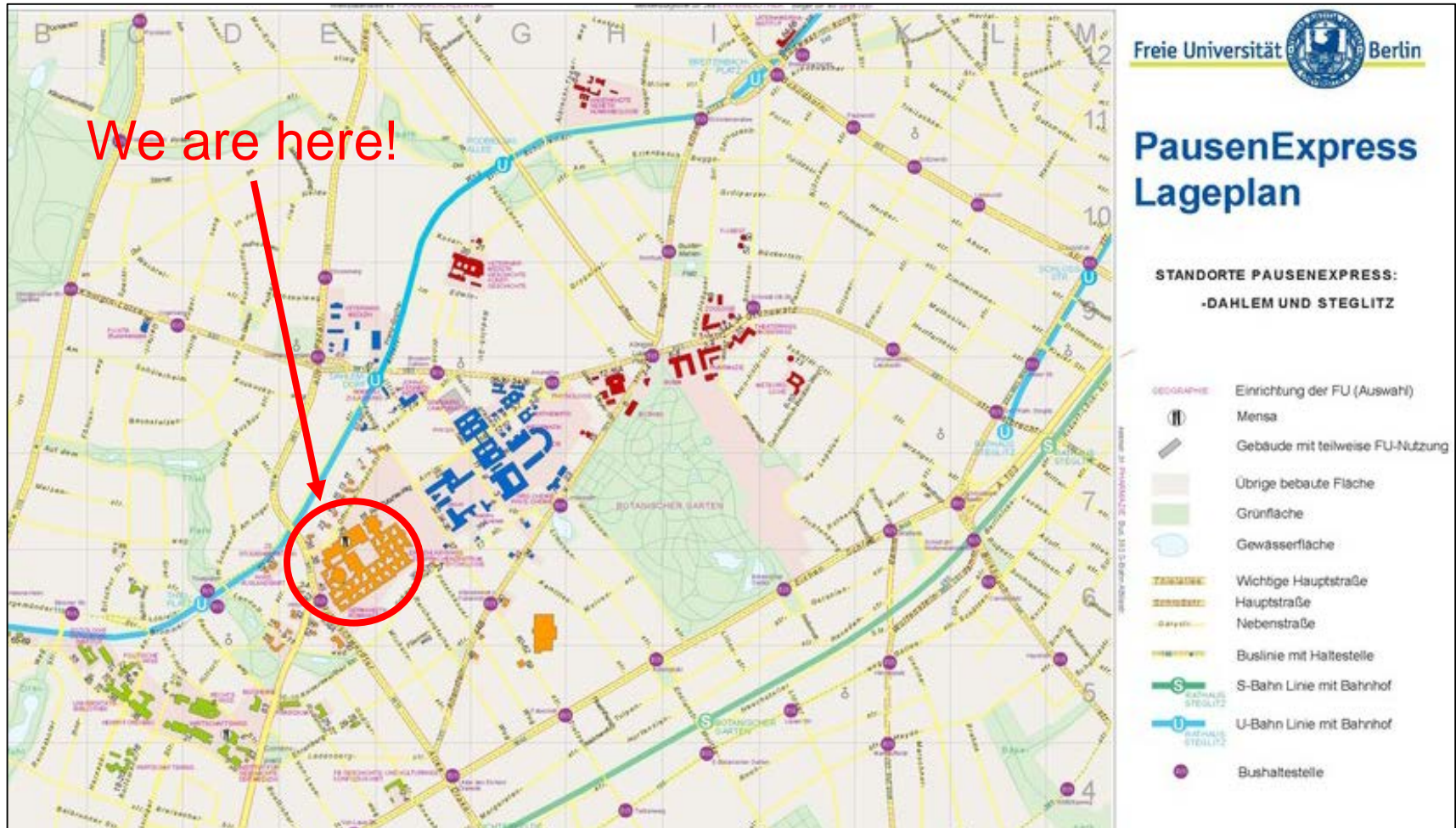
Where?

- ✓ locations: Dahlem, Lankwitz and Döppel

hochschulsport fu berlin
pausenexpress

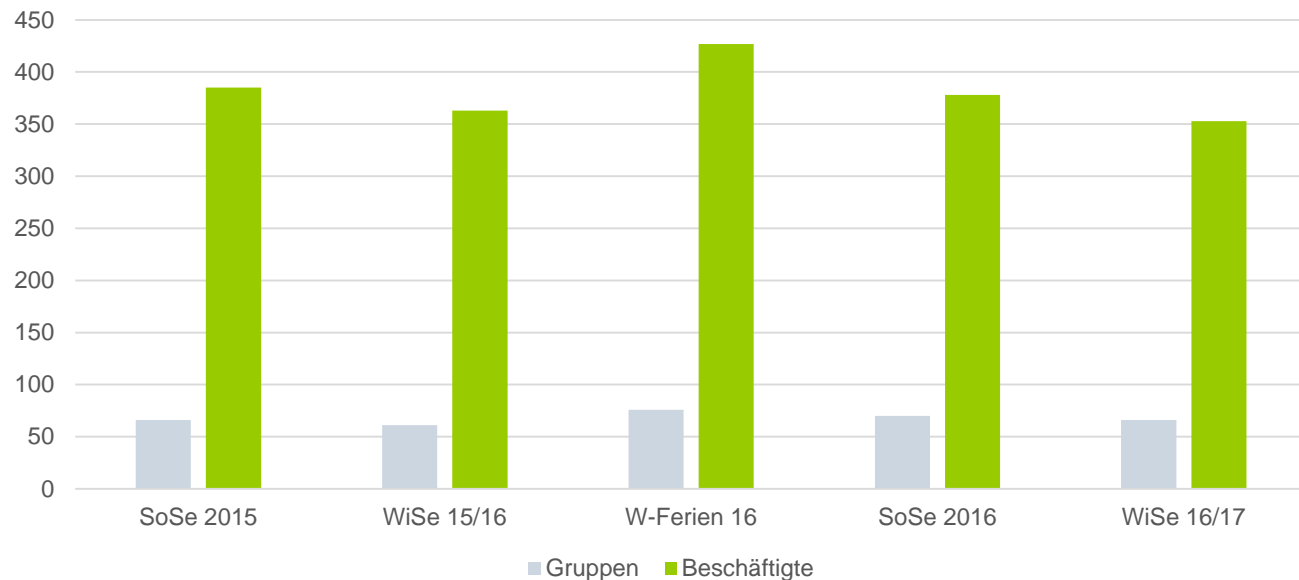
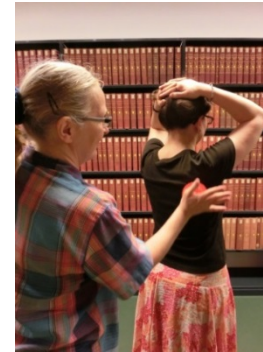


3. Pausenexpress



3. Pausenexpress

| | |
|--------------|---------------------------|
| SoSe 2015: | 66 groups – 385 employees |
| WiSe 15/16: | 61 groups – 363 employees |
| W-Ferien 16: | 76 groups – 427 employees |
| SoSe 2016: | 70 groups – 378 employees |
| WiSe 16/17: | 66 groups – 353 employees |



Thank you for your attention!

Let's move 😊

