“FIT AND VITAL” PROGRAMME

Occupational health management from SWICA.
“Fit and vital” programme

For sustainable health promotion

Would you like to know how fit you are? It’s important to understand that fitness is more than just strength and stamina. It is the ability to cope with the many and various demands that life places on us. With the “Fit and vital” programme, SWICA measures the personal fitness level of your employees and motivates them to take responsibility for their own health on the basis of objective test results. A stamina test is used as the basis for an exercise plan which can be combined, for example, with a competition, a step campaign or personal coaching from SWICA. A re-test after a predefined period will highlight the improved health data and encourage participants to adopt a healthy lifestyle over the long term.

Target group

- All employees
- Employees who do little or no exercise

Goals

- Strengthen the cardiovascular system
- Highlight the links between physical exercise and performance capacity

Contents

- Light endurance test
- Analysis of body composition using InBody measurement
- Discussion of the results
- Personal exercise plan
- Optional: telephone coaching
- Optional: re-test (control procedure)

Method

- Test and advice including personal exercise plan

Implementation

- Medical Services specialist

Duration

- 30 minutes per employee

Location

- On the company’s premises or by arrangement

Tip

The “Fit and vital” programme can be combined with the following SWICA offerings:

- Nutrition
- Exercise
- HRV measurement

SWICA Healthcare Organisation
Because health is everything
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