



FITNESS CHECK

HOW FIT ARE YOUR EMPLOYEES?

Physical fitness plays an important role in health and personal wellbeing. The fitness check is the ideal way of testing the fitness of your employees. A 3D body scan is used to produce a detailed analysis of each person's body. This analysis is combined with a standardised mobility and fitness test to determine physical performance. The evaluation and consultation take place immediately afterwards with a specialist.

Target group

- › All employees

Goals

Employees are aware of:

- › their current fitness level.
- › individual recommendations to help them achieve their goals.

Contents

- › 3D body scan (detailed body analysis)
- › Mobility and fitness test
- › One-to-one consultation

Method

- › Testing and individual consultation

Implementation

- › Exercise specialist

Number of attendees

- › Up to 10 people per day

Duration

- › 35 minutes per person and test including evaluation

Location

- › On the company's premises or by arrangement

SWICA's Prevention Management unit aims to reduce absences, strengthen the potential for better health and improve the wellbeing of employees through health-related measures.

THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.

Phone 0800 80 90 80 / [swica.ch/prevention-management](https://www.swica.ch/prevention-management)

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