



Technische
Universität
Braunschweig

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Corporate Health Promotion
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Corporate Health Promotion

BreakExpress

For employees of the Technical
University of Braunschweig

Contact:

If you have any questions or ideas, do not hesitate to
contact us.

bgf@tu-braunschweig.de

BreakExpress

The BreakExpress is an active exercise of 15 minutes that you do once a week in your office.

Sitting and concentrating for long periods of time is part of our everyday lives. Consequences are often tension, headaches, and fatigue. Just 15 minutes of exercising out of your workday can help to prevent these consequences.

The BreakExpress gives you a set of exercises to not only relax and mobilize but also to strengthen and stretch your muscles. It is specifically adapted to desk-based problems at work. You will find that this positively affects your shoulder, neck, and back area..

A skilled fitness trainer takes you and your colleagues through the exercises. This program gets you active during your break and lets you forget about your everyday work routine and sends you back to your workplace with renewed energy.

**TU Braunschweig
BreakExpress**



Advantages of BreakExpress:

- Supportive and personal setting
- Improves the ability to concentrate
- Physical compensation for sitting too long
- Boosting team spirit
- No previous fitness experience or no change of clothes necessary, no travel required

When does BreakExpress take place?

You can book a 15 minutes BreakExpress session between 11:30 AM and 2:00 PM once a week. Other times are available on request.

Where does BreakExpress take place?

Offices close to your working place, seminar rooms, corridors or alternatively outdoors.

How to sign up?

Only one person from your team needs to register online for a group of no more than ten colleagues. The trainer comes directly to you once a week at the chosen date.

For more information, please visit:

<https://www.tu-braunschweig.de/sportzentrum/bgf>