



Technische
Universität
Braunschweig

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Corporate Health Promotion
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www.tu-braunschweig.de/sportzentrum/bgf



Corporate Health Promotion

Information Flyer

For employees of the Technical
University of Braunschweig

Contact:

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

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Corporate Health Promotion

Satisfied, motivated and healthy employees are a vital prerequisite for the success of any enterprise or institution. In recent years the interest of Corporate Health Promotion as a suitable option to alleviate work-related health issues for employees has increased.

The Corporate Health Promotion of the Technical University of Braunschweig offers employees a diverse program to strengthen health competence, increase well-being and to create a balanced physical and mental calmness. The health offers focus on fitness, nutrition, relaxation and stress management and are free of charge.

Our program consists of courses, seminars, and events:

- **Courses:** Courses run regularly throughout a semester. A course focuses on physical exercise and relaxation methods.
- **Seminars:** A few seminars are offered each semester. Employees can gain insights into specific topics that can help them to modify unhealthy habits.
- **Events:** Through alternating events, employees can get a first introduction to health topics and actively organize their after-work time with their colleagues. Some events take place in cooperation with CHM.



The corporate health promotion supports the employees of the TU Braunschweig in ...

- becoming aware of their own health and building up personal health-related resources.
- empowering them to take responsibility for their own health.
- building up knowledge on health topics and being able to apply this at work and their everyday life.
- being motivated to live a healthy, active, and balanced lifestyle.
- acquiring coping strategies in order to be able to better deal with stress in everyday life and at work.
- being able to prevent work-related health issues and illnesses.

For more information, please visit:
www.tu-braunschweig.de/sportzentrum/bgf