

“A wave of enthusiasm for health swept through Sankt Galler Stadtwerke.”

Roman B. Brunschwiler, Safety Officer,
Sankt Galler Stadtwerke



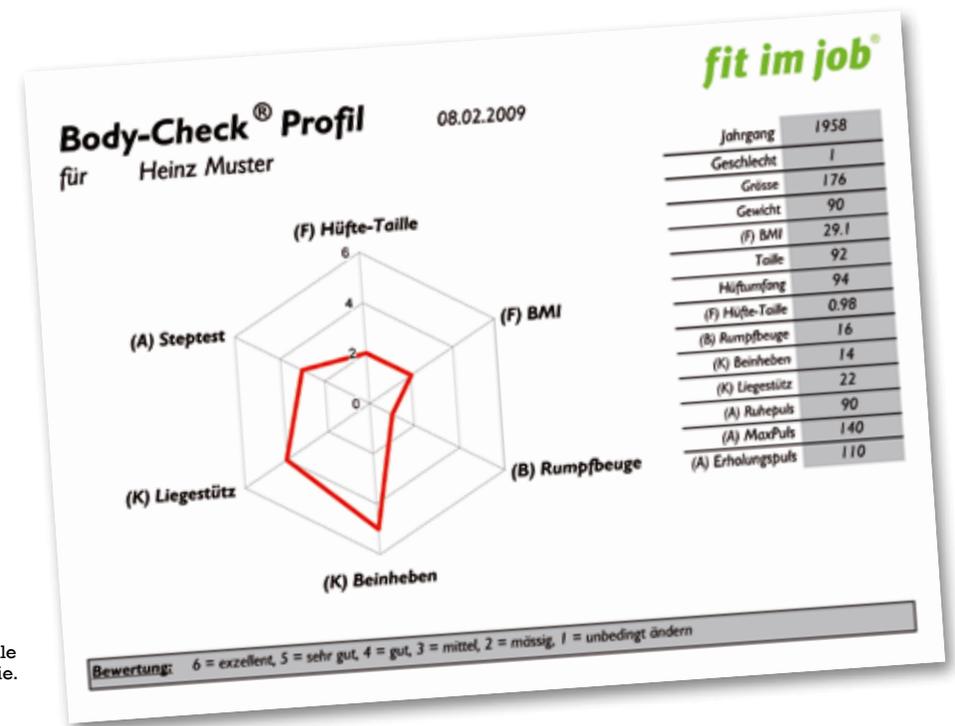
Those who have a clear view of their own fitness profile do more for their own health.

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In 2006 Sankt Galler Stadtwerke (sgsw) officially declared health in the workplace to be an internal audit issue; it is therefore an issue which is of major internal importance and represents a long-term obligation for everyone. Therefore so far as possible all 230 employees were to be reached and motivated to accept more personal responsibility in matters concerning health, and at reasonable cost.

The idea was launched with three half-day kick-offs, for which over 90 employees registered voluntarily. The following word-of-mouth propaganda soon generated the desire among employees for more. In 2007 and 2008 therefore further fit im job Health Days were held.

The fit im job body-check® profile shows where future health risks lie.





What gets measured,
gets done.

case

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fit im job Health Day

Health Days are best suited to inform, motivate and create enthusiasm among in particular inactive employees. The programme is comprised 50% of actions and test courses and 50% of interactive workshops.

body-check® shows potential for personal improvement

After the testing in the morning with the resulting personal 'body-check® profile' the participants could choose from different themed workshops. At sgsw they chose the fit im job modules 'exercise & nutrition management' and 'relaxation management'.

All employees participated

In the end the whole workforce was persuaded to participate. And due to the enormous enthusiasm and motivation sgsw have already scheduled the workshop themes for 2009: 'sleep management', 'back management', 'work area check' and a second 'body-check®' with a comparison profile to identify changes and the pedometer event everbest expedition.

Company

Sankt Galler Stadtwerke

Number of participants

230 employees

Starting position

The employees were to be motivated to accept more personal responsibility in matters concerning health with selected modules.

fit im job solution

- Kick-off
- Health Days with body-check®
- Pedometer event everbest expedition

Result

The whole workforce was persuaded to participate in the workshops.