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Team Health



Watch the video for this article:
[Team Health](#)



One day, seven locations. In 2023, Syntegon hosted the first Health Day in Germany. With this new format, the company focuses on a topic that is close to its heart: the physical and mental health of its employees. One day in spring, employees were able to experience the extent of the company's commitment – and took part in selected activities.

Let's be honest: Do you sometimes lack the time for exercise in your daily working routine? Creating optimal conditions for healthy work is a major priority. When it comes to your own contribution, many things work better in a team. "Fit together" was the motto of Syntegon's first Health Day, which the company organized as a hybrid event. In addition to numerous face-to-face meetings, the company offered online formats for all those who could not be on site.

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Digital fitness sessions, online lectures on healthy eating, and real-life neck massages provided a diverse mix of topics in a very targeted manner. “We take a holistic approach to health,” emphasizes Michael Reile, company doctor and main organizer of the Health Day at Syntegon. “That’s why we combine physical, social, and mental aspects of health. We want to make our colleagues aware of topics which they may not have thought about before. The Health Day comes with a broad offer from exercises to nutrition and mindfulness.”

Actively involved

From 9 a.m. to 4 p.m., activities revolved around a healthy working life in Crailsheim, Dierdorf, Dresden, Königsbrunn, Krefeld, Remshalden, and Waiblingen, both in on-site meeting rooms and live sessions in MS Teams. Among other things, Syntegon had invited experts to measure muscle tension, analyze movement sequences, and give neck

massages on request. Foot measurements provided guidance on the choice of suitable safety shoes. More theoretical presentations focused on nutrition, healthy working from home, and stress prevention. The atmosphere was by no means sterile: fruit baskets and playful activities such as a bicycle-powered smoothie blender created a pleasant atmosphere.

The lively participation – both on site and digitally – showed how well the concept was received. Linda Neudörffer, responsible for cross-site health campaigns at Syntegon in Germany, could hardly have wished for a more successful start: “The Health Day builds on the four pillars of our workplace health promotion. These include our corporate culture, mental health and social counseling, nutrition and exercise, as well as prevention. The first day of its kind in Germany shows that we have struck a nerve and were able to provide important impetus. That’s why the next Health Day is already on our agenda for 2024.”

“The Health Day builds on the four pillars of our workspace health promotion.”

Linda Neudörffer, HR manager





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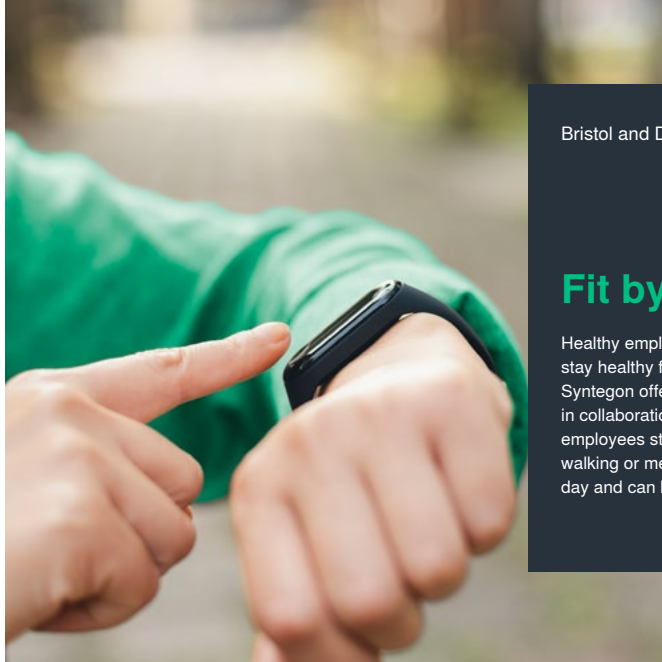
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Syntegon doesn't just focus on health in Germany.

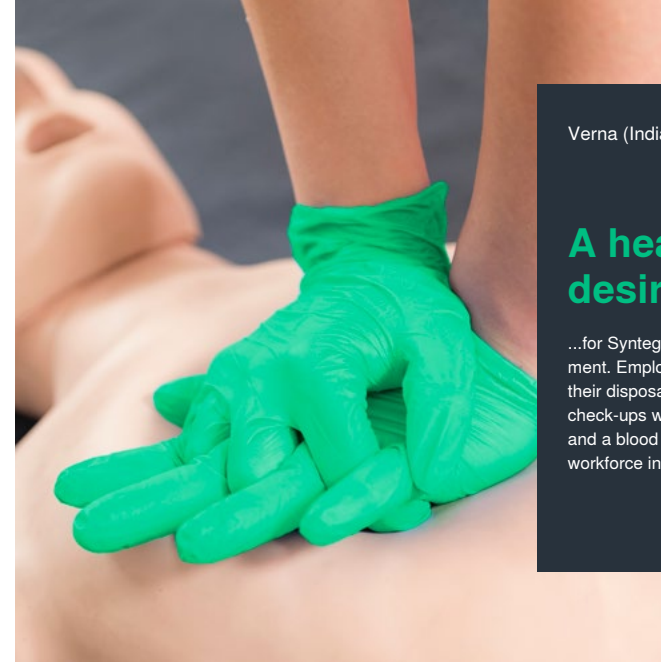


Bristol and Derby (UK)



Fit by app

Healthy employees not only perform well. They also stay healthy for leisure activities and their family. Syntegon offers an app at its **Bristol** and **Derby** sites in collaboration with its partner Yu-Life, which helps employees stay in shape. It provides suggestions for walking or meditation that are tailored to the working day and can be accessed via the app.

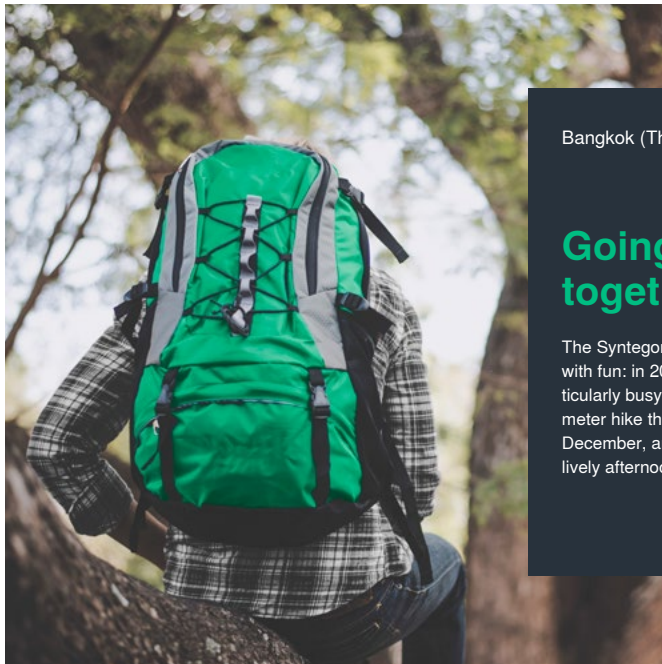


Verna (India)



A heartfelt desire...

...for Syntegon in **Verna** is holistic health management. Employees have a wide range of offers at their disposal. An in-house fitness center, regular check-ups with the company doctor, first aid training, and a blood donation campaign actively involve the workforce in health management.

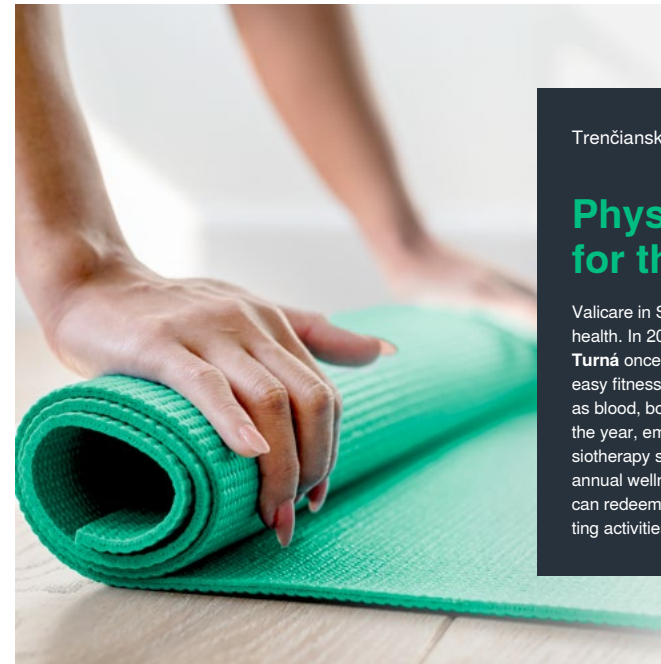


Bangkok (Thailand)



Going green together

The Syntegon location in **Bangkok** combines fitness with fun: in 2023, two events kept employees particularly busy. In October, they went on a five-kilometer hike through Khao Yai National Park. And in December, an internal bowling tournament made for a lively afternoon.



Trenčianska Turná (Slovakia)



Physio power for the team

Valicare in Slovakia attaches great importance to health. In 2023, the Syntegon company in **Trenčianska Turná** once again held a "Health Day", which included easy fitness exercises, fresh fruit, and health tests such as blood, body mass, and cholesterol tests. Throughout the year, employees can request a 50-minute physiotherapy session every week. A special offer is the annual wellness voucher worth €60, which employees can redeem for massages, physiotherapy or other sporting activities – entirely according to their own taste.