



PIXFORMANCE Training

Provider: GiB GmbH

Current studies show that a lack of exercise at work, especially sitting, makes you ill in the long run. Sitting is now identified as an independent risk factor that cannot be adequately compensated for even through leisure time exercise. Small breaks and targeted exercises have therefore become a must in modern companies in everyday work.

Topic: Cardiovascular and metabolic health

Prevention Principle: Reduction of lack of exercise through health sport activity

Specific Goals

Initiating, guiding and motivating regular and targeted movement compensation in the work environment

Contents

- Selection of individually relevant exercises or exercise units with professional guidance
- Initial execution with automatic feedback and motion corrections
- Independent practice and establishment of activities (mini workouts)

Procedure

The PIXFORMANCE trainer acts in the sense of a virtual personal trainer who encourages small movement units in the work environment, selects special exercises individually and monitors and corrects their execution in a person-centred manner. This is made possible by the optical movement recognition: the participants train against their mirror image and simultaneously receive optical feedback and corrections for the execution of the movement.

Results

In this way, regular, short movement units with targeted exercises should be initiated and established within the working day. The attractive health module is also very well suited as an eye-catcher and digital personal trainer for in-house exercise campaigns and motivating challenges.

Special instructions for implementation

Comfortable clothing and flat, non-slip shoes recommended

1:1 Health Module (Presence)

- Duration: 15-20 minutes per person
- Individual appointment

Requirements

- Space requirement $\geq 8 \text{ m}^2$
(4 m distance to device)
- Power connection (230 V)
- Barrier-free access
(Dimensions: 175 x 50 x 75 cm, weight: 50 kg)