



BETRIEBLICHE
GESUNDHEITSFÖRDERUNG

erstappen

Name **Physio-Terstappen**

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Employees **4**

Founded (year) **2015**

Physio-Terstappen is a company for occupational health prevention in the area around Aachen.

Specific movement of the body can promote the health of employees in the sustainable long run and prevent health issues. In addition, seminars and ergonomics coaching can be used to explain anatomical connections. This support can be adapted individually and specifically to the companies. The digital services can be used at the workplace via video conferencing, independent of physical location.

Employees can notice the positive effects of the movement and exercise programs as soon as they have overcome their intrinsic efficiency.