

SPORTIVATION

FÜR VITALE UNTERNEHMEN

AOK PLUS 



HEALTH IMPULS BY SPORTIVATION

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FÜR VITALE UNTERNEHMEN

***MOVING ISN'T IMPORTANT,
UNTIL YOU CAN'T***

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HEALTH IMPULS

29.03.2023 TIME 10:00-11:00



- health-definition
- impact on health, benefits of the movement
- how to deal with backpain

AIMS

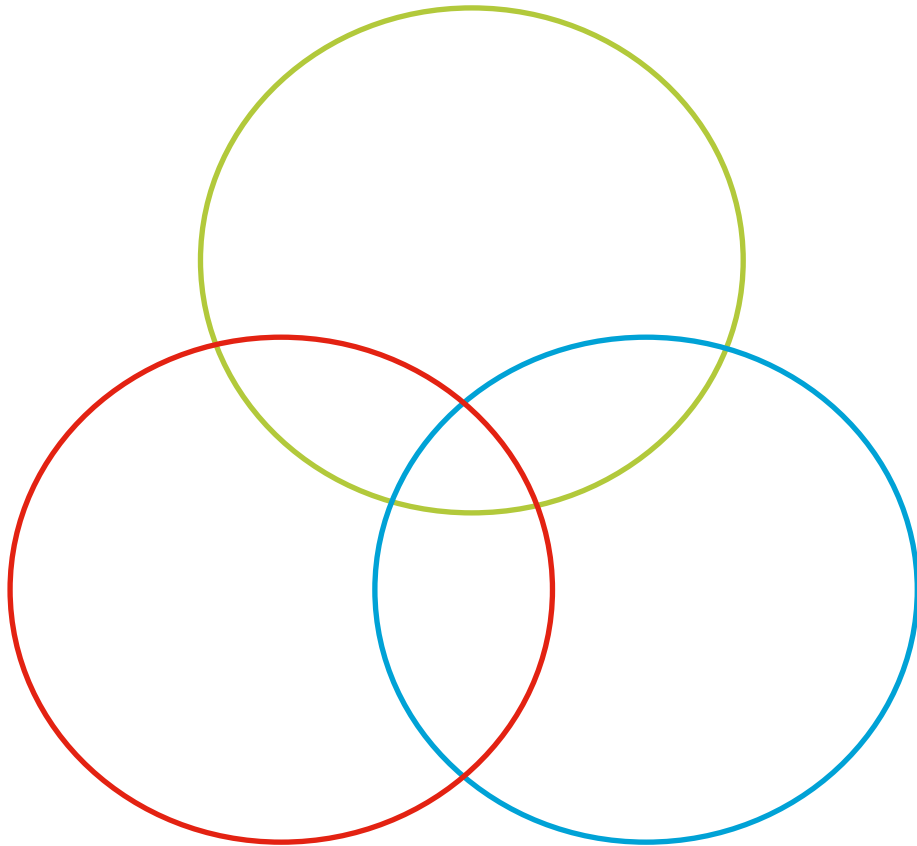
- raising participants' awareness of a healthy attitude towards life
- increase in well-being and employee health
- identification of risk factors for health



WHAT DID YOU RECENTLY DO TO PROMOTE
YOUR OWN HEALTH?



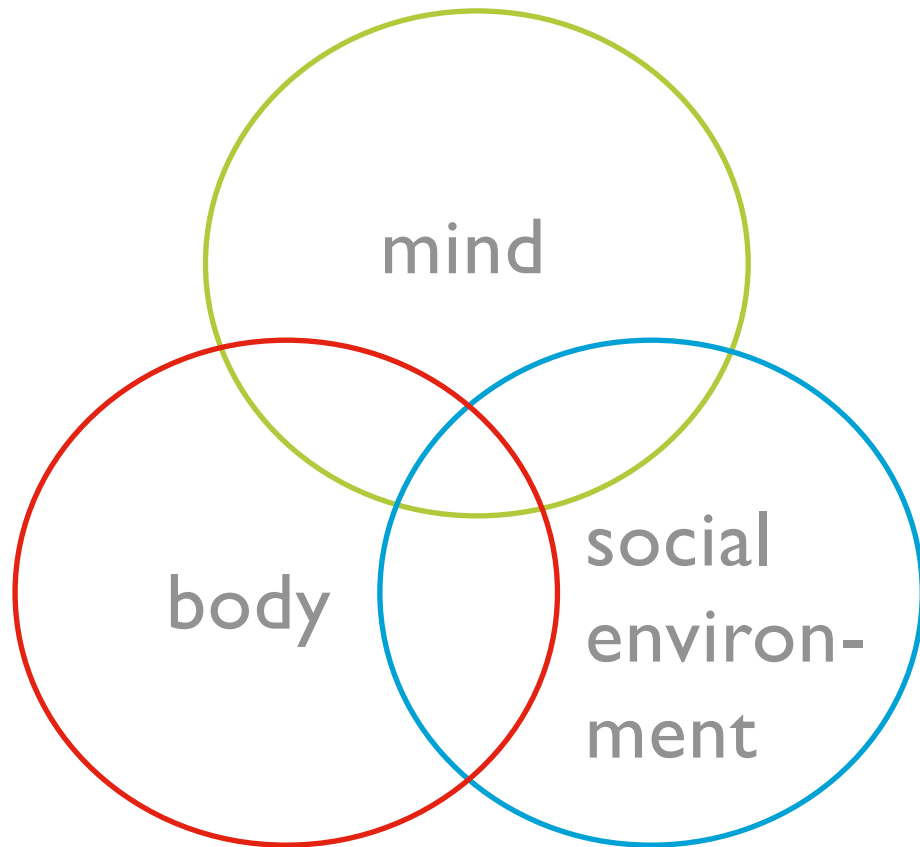
3 DIMENSIONS OF HEALTH



Influencing factors:

- ...
- ...
- ...

3 DIMENSIONS OF HEALTH



Influencing factors:

- living and working conditions
- Environmental conditions
- Socioeconomic status
- Social networks and support system
- Individual lifestyle and attitude
- ...

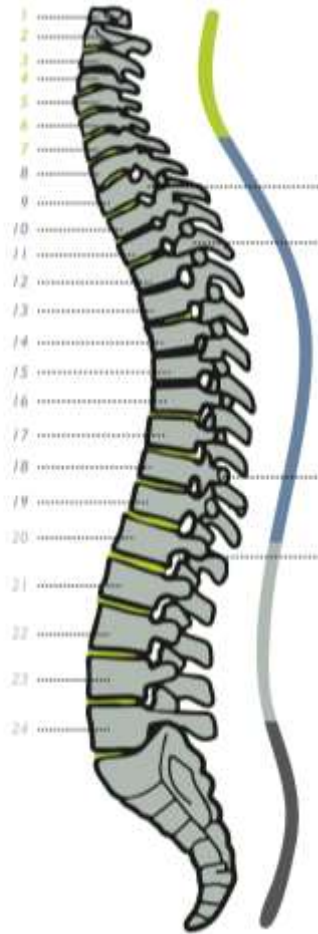
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BACK HEALTH

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ANATOMY OF THE SPINE



Cervical curvature – 7 cervical vertebrae

Transverse process

Spinous process

Thoracic curvature – 12 thoracic vertebrae

Articular surface of the ribs

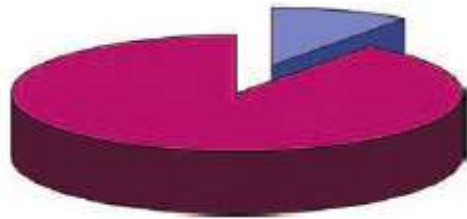
Intervertebral space

Lumbar curvature – 5 lumbar vertebrae

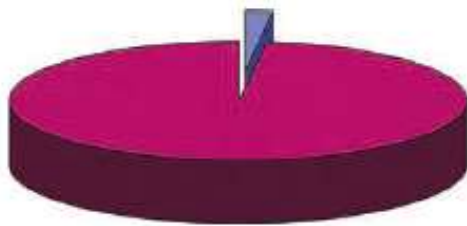
Sacral curvature

Sacrum and coccyx

PHENOMENON BACK PAIN



90% of all back pain occurs as an acute pain (< 6 weeks)



95% of all back pain has a harmless cause

➤ **back pain ≠ back damage**

WHAT ARE THE CAUSES OF BACK PAIN?



MEASURES TO COMBAT BACK PAIN



- First rest, then move again as soon as possible
- Change monotonous postures and loads
- Spine and intervertebral discs are highly resilient and strong
- Sie können Ihre Rückengesundheit positiv beeinflussen!

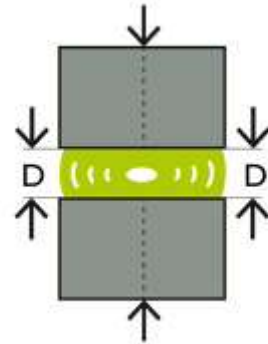
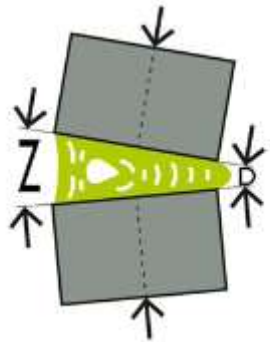
ALARM SIGNALS FOR BACKPAIN



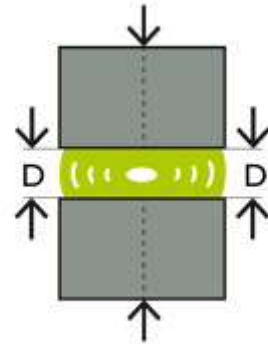
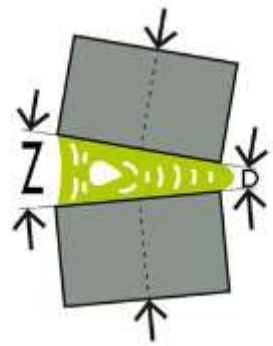
- Sudden weight loss
- fever and night sweat
- Numbness and tingling
- Paralytic symptoms
- Continence problems
- Constant pain, even during bed rest
- Pain in the thoracic spine

➤ **Consult a doctor!**

LIFTING – PRESSURE ON THE DISCS



LIFTING – PRESSURE ON THE DISCS



HOW CAN I INTEGRATE MORE MOVEMENT INTO EVERYDAY LIFE?



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PRACTICAL PART: GET MOVING

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TRAPS OF A SEDENTARY LIFESTYLE

- 🚗 Inactive transportation
- 🛒 Sedentary workplace
- 📺 Social media / TV

Traps of a sedentary lifestyle



**Dir hat unsere Arbeit
gefallen?**

**Lass´ es uns wissen,
wir freuen uns über
Deine Bewertung!**

