

PIXFORMANCE-Training

SPECIFIC TARGETS:

Initiate, instruct and motivate to regular and targeted physical activity at workplace

INHALTE:

- Selection of individually relevant exercises or exercise programs with professional guidance
- Initial performance with automatic feedback and movement corrections
- Independent practice and establishment of the activities (mini-workouts)

SPECIFIC REQUIREMENTS:

Comfortable clothing and flat, non-slip shoes recommended

TIME REQUIRED:

15 minutes per person corresponding to 4 participants per hour

ORGANISATION:

Space requirement: $\geq 8 \text{ m}^2$ (4 m distance between units)

Power socket: 230 V

Special note: barrier-free access required

Dimensions: 170 x 95 x 65 cm (altitude, wide, length), weight 120 kg

PREVENTION PRINCIPLE:

Reduction of lack of exercise through health sport activity



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BACKGROUND:

Current studies prove that **lack of movement at the workplace**, especially **sitting**, makes people sick in the long run. Sitting has now been identified as an independent risk factor that cannot be adequately compensated for by sports during leisure time. **Short breaks and specific exercises** have therefore become a must in the daily work routine of modern companies.

PROCESS:

The PIXFORMANCE-Trainer acts as a **digital personal trainer**, which stimulates smart activity units in the working environment, individually selects special exercises, monitors and corrects their execution. This is made possible by the optical movement recognition system: you exercise opposite your mirror image, and simultaneously receive optical feedback and corrections for your performance.

RESULTS:

The aim is to **establish regular, short movement** units with specific exercises during the working day. Optionally, participants can also be given access to the PIXFORMANCE portal to enable them to track their exercises. This system also offers the possibility to carry out in-house movement **campaigns and challenges**.

