

## Back Coaching-online

### SPECIFIC TARGETS:

Creation of an online training plan on the basis of the individual requirements and training objectives of the participant.  
 Boosting the motivation for training and sustainable promotion of a health-conscious movement behaviour with the help of the online training portal.

### CONTENTS:

- Determination of the individual prerequisites and training goals by the health coach in an online consultation
- Configuration of a motivating, individual online training plan to promote back health
- Providing of general training principles and useful tips for the implementation of an effective movement balance in the home office and at the workplace (ergodynamics)
- Access to more than 100 exercise videos in the online training portal

### HYGIENE PROTECTION CONCEPT:

Minimum distance 1.5 m, mouth-nose protection, hygienic protection screen, skin and surface disinfection, fever measurement (optional)

### TIME REQUIRED:

20 minutes per person corresponding to 3 participants an hour

### ORGANISATION:

Space required:  $\geq 6 \text{ m}^2$ , Power socket: 230 V  
 Please provide: 2 tables and 2 chairs



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### BACKGROUND:

This increases the possibilities and the desire to arrange one's working time and [workplace flexibly](#) and to adapt it to individual needs (home office). The development towards more flexibility and digital solutions is also reflected in training and health behaviour. In addition to wearables, which record and evaluate health data around the clock, there is increasing demand for [high-quality online training services](#).

### PROCESS:

In an [online consultation](#), the health coach first determines the individual prerequisites, conditions and goals of the participant. He then designs a [motivating training plan](#) together with the participant. This can be aimed at balancing movement in the [home office](#), relieving tense back muscles or strengthening stabilizing muscle groups. If available, small devices such as Thera-Band or dumbbells can also be included.

### RESULTS:

The [technically sound explanation](#) of the training plan with videos and control questions gives the participant confidence and motivation to perform the exercises correctly. Each participant receives personal [access to the online training portal](#). Here he can call up his individual training plan and also use topic-specific additional plans or configure his own plans. Conclusion: With the online training portal, the participant can [train specifically at any time and anywhere](#).

