



How to stimulate your employees effectively?

A 10minute warm-up in your office will make your day more successful!

www.fitstop.cz

Are you aware that your success depends on the quality of work of your employees?

Don't underestimate the human potential!

Fitstop combines its expert HR knowledge with other sources such as physiology, psychology, sociology, and alternative methods. It helps HR professionals, managers, employees and individuals focus on issues that might not be visible to the naked eye, such as the question of one's inner contentment, harmony, pleasure taken in working, and flow of the person's energy. In many cases if there's an imbalance in one of these areas it results a feeling of constant fatigue, and most importantly, lowered productivity. Using standard methods oriented only towards the person's professional progress proved to be insufficient and helpless in treating these symptoms.

A 10minute daily warm-up will make everyone's day more successful!

FITSTOP is compensatory exercise for sedentary jobs.

It includes stretching for the whole body affecting the most muscle groups.

It concentrates on correct breathing.

It does not require changing clothes or uncomfortable perspiring.

With our team of instructors we will tailor the exercise fit to your company's needs and conditions. Our clients include large international corporations as well as small local firms.



Our aim is

- creates healthy stimulation to perform at work
- mobilizes energy
- produces higher work intensity
- oxygenates the blood and stimulates the brain
- prevents aches and pains
- reduces stress
- deters anxiety and depression
- improves team spirit
- observe your employees smile again :)



Do you want more success and higher effectiveness?

Employee productivity and health is a fundamental aspect for any prosperous firm, which is why Fitstop brings forth fresh and modern approaches that ensure a healthy company. Share with them the health benefits of taking short breaks during long periods of sitting!

Encourage your employees to get up and stretch in the office 10 minutes every day!

However it is absolutely necessary to take a break, change activity for a short period of time, or just "switch off" completely. This is not a luxury, but a condition of good performance for the work day. For you to be successful it is essential to choose a program that delivers results.



Do you want to overcome fatigue at work?

Are you interested in FITSTOP?

Contact us...



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fit stop®

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So how to stay fit and be in office in good mood?

FITSTOP stands for regular movement of your employees at their work station. Our aim is to stimulate the brain and oxygenate the body. It is a clear benefit to your employees. You, as an employer will recognise the increase in positive thinking, which directly links to more energy and creative initiative. In other words, this stimulation will give all better work performance.



Are employees often tired and unmotivated?

Based on research, increasing expectations of work performance caused stress. The most common results of work – related inefficiency and illnesses in sedentary jobs are back pain, headaches and psychological exhaustion, which can lead to other health problems. According to the studies of prestigious organizations (Gallup, Conference Board) up to 80% of employees are passive, or not engaged in their work.

Try FITSTOP, if there is one sleepy day after another, if you feel exhausted. The fatigue is reduced if there are short breaks for relaxation during the work time. Lot of us would like to stretch, but don't want to attract attention by not working every minute.

Try FITSTOP! Have fun, and enjoy maintaining a healthy work-life balance!

In a narrow-minded business understanding, the employees' health is synonymous with their performance.



Do you know these symptoms?



Which wake-up impulses do you use?

Within the human resources field, it has always been my mission to react to any new situations, to stay up to date with the latest and most essential developments, to promote and implement a modern wake up impulses and stimulating benefits so as to maximise its efficiency.

Do you know the know-how of successful people and and the most successful corporations in the world?

Expenses for coffee machines will be reduced, while saved costs can be used for FITSTOP. Is there a more productive way? Yes, use FITSTOP to gain results and improve productivity.

Are breaks necessary at work? Do you use them well?

Physical health is directly aligned with performance in the workplace. Its benefits include achieving a work-life balance, the ability to maintain stress, a healthy and composed professional image, and a means to counter-balance long hours sitting behind a computer.

Yes, try FITSTOP. The energy and health gains will be essential for you to climb higher!



Trendy benefit and supporting employee's performance

Regular short movement of your employees at their work station - 1x - 5x a week in a work time. Physical health is directly aligned with performance in the workplace. Its benefits include achieving a work-life balance, the ability to maintain stress, a healthy and composed professional image, and a means to counter-balance long hours sitting behind a computer



“FITSTOP provides a competitive advantage“

- Where?** In your office by your desk.
- When?** During working hours, 1x – 5x times a week.
- How?** 10-30 min stretching with a qualified instructor.
 - stretching
 - easy fitness training
 - prevention of aches and pains
 - oxygenating breathing
- For?** Groups of 1-50 employees.
- Why?** We need oxygen, not caffeine.

Ideally, the above forms of exercises are adjusted according to the needs, popularity and age group of you employees.

What's your workplace wellness plan? As an individual, it's important to balance your physical health alongside a busy work schedule.

“Get inspired by the world-known corporations who take care of their employees.“