

Exercising the right way

Get moving,

please!



Pronova
BKK



Just get going. We have lots of tips and offers to help you make your life more active. By using our **online fitness coach**, you can easily create your own workout plan for bodyweight training. We also offer various subsidies for **prevention** or **fitness courses**. Just browse our website pronovabkk.de!

Exercise fits into life. In yours too!

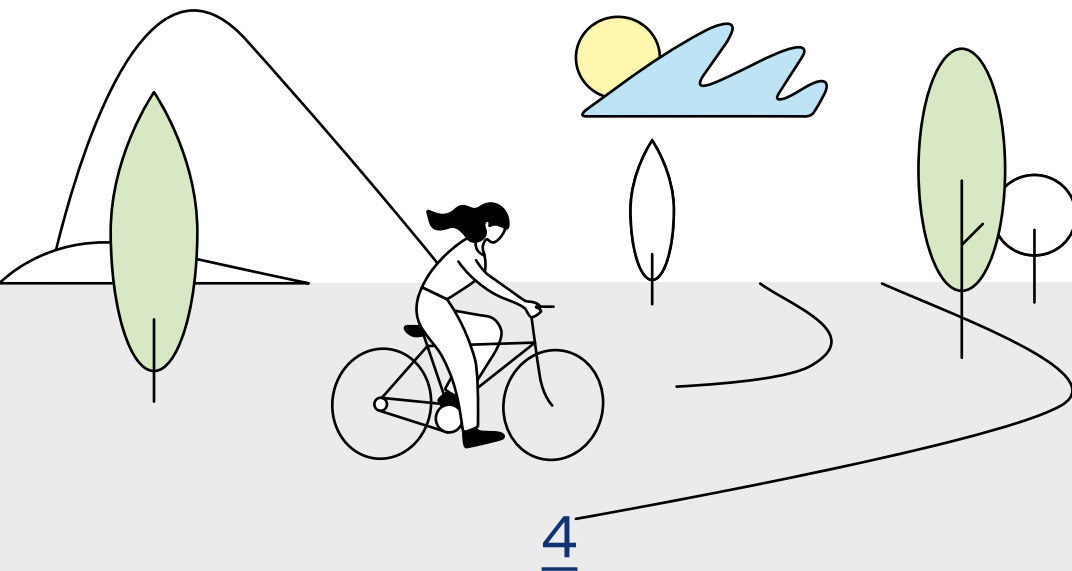
Walking 10,000 steps a day, going to the gym at least 3 times a week and getting a good balance of strength and cardio exercise is the healthiest? We'll show you how you can easily fit exercise into your daily life – **without feeling pressured or stressed**. Because one thing is for sure: Exercise feels good!

The most important thing? Find the exercise that works for you! Don't start running just because you've heard it's good for you. If you don't enjoy it, your daily exercise routine will quickly fade into the background. As your health insurance provider, we are always there to support you. So? Are you ready?

The best day to start exercising is today!

Do you think fitting exercise into your daily life is stressful? Not on our watch! We will show you how **easy it is to get started** and how **small changes** can make your life more active. The best thing is: You can **start right now!**

Summer or winter, indoors or outside: You can always exercise. As a member of Pronova BKK, you can choose from a range of **prevention programmes**, such as Gymondo. Irrespective of the weather, you can train at home – just slip into your sports gear and get started!



Did you know?

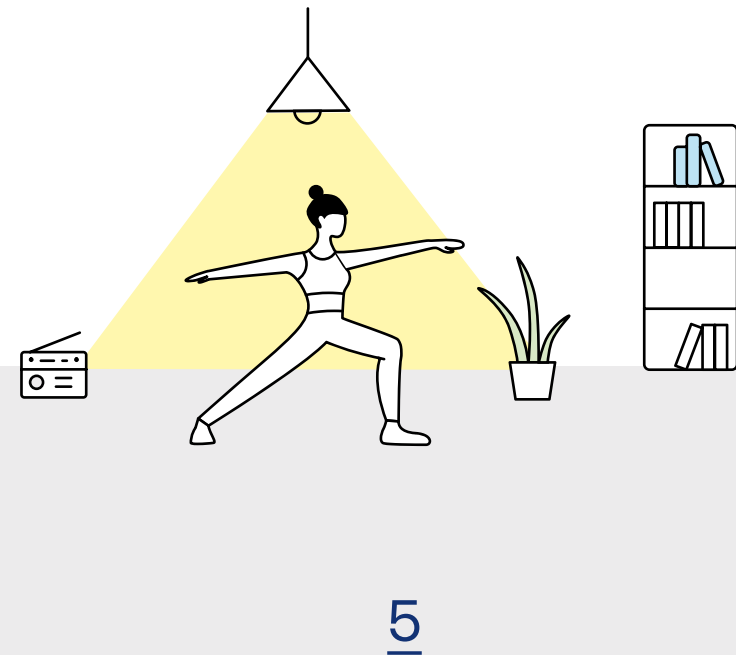
It is never too late to start exercising. Even as we get older, our bodies respond well to physical activity.

Get moving, please!

Do you sit most of the day? We have **simple exercises** that you can do while sitting. Even a quick trip to the coffee machine or a walk at lunchtime can make a big difference.

Shoulder circles: It is very easy to make a conscious effort to rotate your shoulders. Make sure you keep your posture upright and breathe properly.

Head rotations: Lift your chin slightly and slowly turn your head from side to side. Breathe in as you turn your head and out as you turn it back.



Your exercise. For you.

Balance is key! Find an exercise that you enjoy and that doesn't require too much effort. Switch between sports from time to time. It's the only way to keep going. You need inspiration? These are our top 6 to get you started!



Did you know?

Men and women run differently! Women start more slowly, but become faster in the second half and finish stronger. In fact, there are several differences based on biological sex in the field of medicine – also known as gender medicine.



The classics

Running

Healthy because ...

Exercises and strengthens your whole body, especially your cardiovascular system.

Biggest benefit

Easy to do. You can start running right away.

Cycling

Healthy because ...

Very joint-friendly movements in fresh air or at home on an indoor bike.

Biggest benefit

Can be easily integrated into your daily life. Just cycle to work or to the shops. Good for the environment.

Swimming

Healthy because ...

Your body feels weightless, which is good for your bones and cartilage while virtually every muscle is exercised.

Biggest benefit

Improves your posture and back muscles.

Something new for a change

Crossfit

Healthy because ...

Very intense full body workout, strengthening your cardiovascular system and muscles.

Biggest benefit

„True Calorie Slayer!“ You can burn between 300 and 800 calories in only 60 minutes. Makes you feel great afterwards.

Bouldering

Healthy because ...

Exercises several muscle groups. Improves your coordination, agility and your body feeling.

Größter Vorteil

Gives you a lot of confidence and a sense of community. Working as a team to find and master the next route brings you closer together.

Stand-up-Paddling

Healthy because ...

Good full-body exercise, especially for coordination and balance.

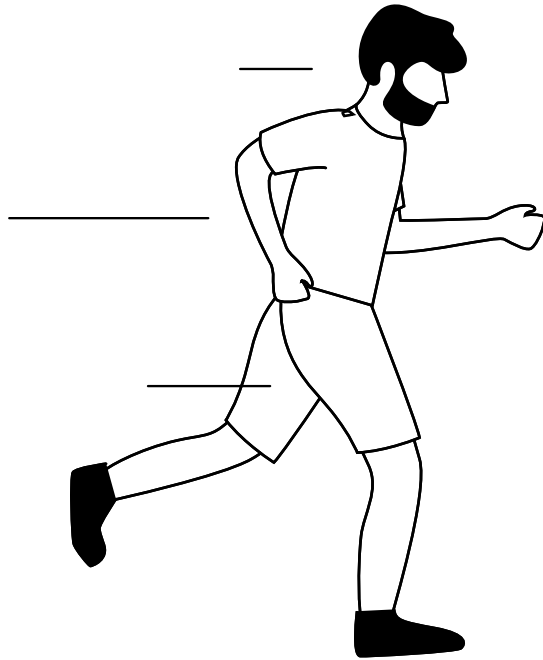
Biggest benefit

On the water, you don't even feel like you are exercising.

Exercise as a habit? Super easy!

Enough theory – let's get down to practice! Try to fit a little more exercise each day into your daily life. Why not take the stairs instead of the lift, or walk around while you brush your teeth?

Here is our extra tip: **Start with small steps!** You don't have to run a marathon on day 1. Set yourself realistic goals and increase them slowly. This will keep you motivated.



Did you know?

On average, it takes at least 21 days for something to become a habit. Therefore our "30 Days of Exercise" are a good start.

When,
if not
today?

Already exercised today?
Just tick off your **"30 Days of Exercise"**
and keep track of your progress.

Here we go! This is your workout plan:

01	02	03	04	05	06
07	08	09	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30



Want to get started? Now more than ever!

- 1. The be-all and end-all? Fun.**
Forcing yourself won't get you anywhere. Find something you enjoy.
- 2. Take your time.**
Goodbye stress, hello healthy living!
- 3. Make a plan.**
Fixed times create commitment.
- 4. Set yourself realistic goals.**
Even little progress will get you there.
- 5. Find training partners.**
A real motivation boost.
- 6. Listen to music that pushes you.**
Fun fact – the right music increases our performance.
- 7. Visualise your success.**
For example, hang our “30 Days of Exercise” poster on your wall.
- 8. Keep your motivation alive.**
Why did you start?
- 9. Be proud of yourself.**
Celebrate yourself for every little bit of progress.
- 10. Take breaks.**
You will stay motivated and your body can recover.

Need more information?
Check out pronovabkk.de!



Getting

there

together.



Keep on moving with us!

We are always at your side. Our services will support your more active life.

Active week

Everything about fitness and prevention

Well-Active programme

Your proactive wellness programme.

Prevention budget

EUR 150 subsidy for certified health courses

Bonus programme

Easy e.g. EUR 200 bonus for you - make active provisions to secure further benefits

Sports medical examinations

Every 2 years we cover 50% of your costs for the basic check (max. EUR 150)

E-fitness coach

Our online fitness coach for training without equipment

Always on the move for you.

Just be active. Of course, we are always there for you. If you have any questions, please do not hesitate to contact us.

Our customer support:

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For more services, please visit:

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