



FIZnews

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Health Day at FIZ Karlsruhe: Consciously Promoting Health in the Workplace

27.05.2026 — On May 21, FIZ Karlsruhe hosted a Health Day for its employees. Each year, the event focuses on different topics, but the goal remains the same: to continuously promote health in the workplace and provide practical resources for employees. This year, the focus was on healthy eating.

The day began with a group Qi Gong session, which provided a calm and mindful start to the workday.

One station was all about “brain food” and healthy eating. Employees could learn which foods help improve concentration and performance, and how to easily incorporate healthy snacks into their daily routines. The event also featured personalized consultations and practical tips.

The Planetary Health Check focused on sustainable nutrition and the connection between personal health and the environment. Employees could also have their back and abdominal muscles tested at the Back Check and learn more about prevention and ergonomic work practices.

The Health Day was complemented by discussions and consultations on safe and healthy working practices, as well as a presentation on healthy eating in the workplace.

Through the Health Day, FIZ Karlsruhe continues to demonstrate the importance it places on the health and well-being of its employees.



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