



“At Allianz we live sustainability. With fit im job we found the right partner.”

Ewald Müller, Head of Training,
Allianz Suisse

The successes of workplace health promotion can be measured quantitatively.

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Allianz Suisse relies out of strategic conviction on a down-to-earth, realistic training programme. Primarily sales employees are trained and supported by internal specialist trainers with specific measures. Social skills such as personal resource management or health on the other hand are assigned externally. To implement workplace health promotion effectively and sustainably Allianz Suisse decided on fit im job.

The working environment is characterised by sales and cost pressure, permanent restructuring processes, seated activity and therefore an associated lack of exercise. The consequence is considerable work-related absenteeism.

Physical and mental fitness results in 60% less absenteeism

The cost savings and productivity increases to be made are enormous. This is why Allianz Suisse looked for a training module which verifiably guarantees sustainable changes in behaviour. And found the successful fit im job module 'exercise & nutrition management'.

The fit im job module exercise & nutrition management

Anyone expecting two days of seminar lectures will be disappointed. The success of this module consists of small day-to-day changes which are achieved through self-reflection and after precise analysis of the needs of each individual.

The goal was to achieve a massive improvement in well-being and performance in the workplace at minimal cost.

At the start the participants describe their personal ideas of well-being and quality of life. Based on the measurement of various medical components, the fitness level of each individual is then reviewed and a risk profile is prepared. The psychological components and medical values form the basis for the individual action plan. Here, however, the focus is not simply on more exercise and losing weight, but also on very personal goals such as more energy and motivation due to the conscious planning of leisure time. It is important that the personal goals have to be measurable both qualitatively and quantitatively.



Burn fat
instead of
burnout.

case

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Unique in the sector: a sustainability report

During the half-day follow-ups after nine months all of the tests were repeated. This performance review showed there had already been an impact: 78% of all participants had lost body fat and confirmed an improvement in their performance and concentration at work. A clear benefit for the company. In order to show such results, we prepare a sustainability report after each course including the follow-up – a totally groundbreaking service in the whole further education sector.

Motivated for more workload

The fit im job module 'exercise & nutrition management' is today a fixed component of the Allianz Suisse further education programme and is offered several times a year to all employees. Around 80% of all participants take part and are motivated in personal health management, sustainably implement the measures and report of an improved metabolism and as a result of a better condition, improved digestion and an improved ability to concentrate and of less "off days".

70,000 kg of adipose fat already lost

We have been offering the module 'exercise & nutrition management' for over 10 years, with the performance of over 20,000 persons tested in the re-check. Their metabolic fitness showed an average loss of 3,5 kg adipose fat, which is equivalent to 70 tonnes of burnt-off fat. It is a fact that this has had a positive impact on concentration and performance in the workplace. And we are able to provide definite proof of successful figures like these based on medical measurement methods.



Allianz 
Suisse

Company
Allianz Suisse

Number of participants
4,200 employees

Starting position
In order to supplement the existing training programme, Allianz Suisse looked for a partner which could guarantee a sustainable and effective implementation.

fit im job solution
• Exercise & nutrition management

Result
78% of all participants have lost body fat and benefited from increased performance.