

Action list for the We Act Challenge 2019

Healthy employees

A balanced lifestyle increases job satisfaction and productivity.

- Eat 5 portions of fruit and vegetables per day
- Exercise in the nature
- Drink enough water
- Meditate or do breathing exercises
- Correct your sleeping habits
- Test health status
- Make fitness exercises
- Check healthy posture at workplace
- Practise sport with colleagues

Healthy environment

Commitment to the environment contributes to the preservation of our habitat.

- Commute by bike, foot or public transport
- Reduce food waste
- Recycle at the workplace
- Turn off devices for the night
- Have a vegetarian diet
- Clean up action (Trash Challenge)
- Plan eco-friendly holidays, without flying
- Calculate carbon footprint
- Speak with others about sustainability

Healthy workplace

Collaboration and a good working atmosphere contribute to the long-term success of the company.

- Give positive feedback
- Standing / walking meetings
- Get to know each other „Peer2Peer“
- Smile to your colleagues
- Celebrate success in the team

Note: the action list can be slightly changed until the start of the participants registration on the 26th of August 2019.