

## Fit & Hungry

Especially in the current challenging times, physical and mental fitness and health are a strong preventive measure against the Coronavirus.

With this in mind, the DACH RCO management team launched the "Fit & Hungry" (original name: "Fit & Hungrig") campaign last week. The aim is to bring employees together virtually and to do sports together

Various trainers will be conducting a home workout about twice a week for one hour, helping employees to stay fit, healthy and hungry for more exercise. And yes, the entire DACH RCO management team is actively involved.

Participation in the home workouts is suitable for everyone, and all fitness levels can participate, from beginners to experts. The trainers have the right exercises for everyone.

Access to the live workouts is easy: install the Zoom software, enter your ID and off you go. The only thing the participants need is internet access and enough space in the apartment, the garden or on the balcony. If available, a sports mat is a good companion.

Participation in "Fit & Hungry" is, of course, voluntary for employees. "It is important to us to support our colleagues in staying healthy and fit, especially in these difficult times. Regular exercise is not only good for the body, but also keeps the mind fit. If you can achieve this together as a team, all the better," says Swen Deussen, Director of Marketing for the DACH RCO, who initiated the "Fit & Hungrig" campaign.

The participation is not limited to the employees of DACH RCO. Please contact Swen Deussen with the subject "Fit & Hungrig participation" if you would like to take part in the workouts.

