

Fit on the road · company course

Half a day for service engineers and field staff: what flights, long drives, hotels and travel food do to the body – and what can be done about it with what's at hand.



DURATION

Half day · 09-12
or 13-16 h



LOCATION

Solothurn · in-house possible



PRICE

CHF 2'950.- up to 10 · 3'450.- up to 14 participants



BILLING

CHF 500.- deposit on booking

Why

Service engineers and field staff are the employees who travel most – and are the least protected. Hours of sitting, jet lag, irregular meals, too little sleep. The result: back problems, sick days, people who don't want to do the job any more at 45.

Who it's for

Service engineers, field service engineers, fitters and field staff – booked by head of service, HR or management.

Your benefit

- Fewer back complaints and sick days
- Everyone leaves with a personal risk strategy
- Exercises that work on the plane, in the hotel and at motorway services
- Visible appreciation for the people at the front line

Prerequisites

- Everyday clothes are fine, comfortable shoes recommended
- Report health restrictions in advance
- Participant list one week before the course

How it works

- 1 Theory 1.5 h in the meeting room in Solothurn: risks of flying, driving, hotels, nutrition, stress
- 2 Personal risk strategy on the card
- 3 Move to ATHENA Fitness Park Solothurn
- 4 Practice 1.5 h: exercises for the plane, hotel room, motorway services – demonstrated, practised, corrected
- 5 Exercise cards, certificate of attendance, feedback

Included

- Trainer duo: service practice and physiotherapist or sports educator
- Welcome coffee, onboarding, snacks
- 12 exercise cards A6 and a risk card per person
- Certificate of attendance

Deliverables

- Personal risk strategy with three measures
- Exercise programme for the road to take away

Not included and options

MC-TRN-016	Open course for individual participants	CHF 290.- p.p.
MC-TRN-011	In-house at your site: material fee	CHF 350.-
MC-ZUS-010	Travel for in-house delivery	at cost
	Lunch before or after the course	at cost

Book the company course directly

Choose date and half day, pay the CHF 500.- deposit – the balance follows after the participant list. In-house: request a quote.

www.maroisproject.com/en/appointment/fit-unterwegs-firmenkurs-halbtage-5

