

Sportsgroup

A healthy company needs teamwork

Weber Ultrasonics keeps its staff fit with a top fitness program

When employees at other companies are getting ready to go home after the first day of the working week, the staff members at WU are just getting started. The company's employee fitness program starts with warming up to music, followed by stretching and then nordic walking with short sprints, back training and muscle-building exercises in the beautiful landscape and scenery directly beside the company premises!

Relaxing with nordic walking under the qualified supervision of professionals has been the Monday evening event in the Weber Ultrasonics sport program since April of this year. And half of all staff members regularly take part in the walks! This is a real success and something that Nathalie Etienne, HR manager at Weber Ultrasonics, believes everyone involved can be proud of. Participation is of course totally free of charge, and staff members are also encouraged to bring family members with them. The weekly meetings are a real bonus for the entire Weber Ultrasonics team. Indeed, the communal exercise is not only great fun for all involved, it makes a genuine contribution to helping everyone improve their health and fitness in a targeted manner.

Professional support from „Enorm in Form“ In spring of this year, Nathalie Etienne took the decision to commission the trainers from the local fitness company „Enorm in Form“. The idea was to draw up a special fitness program that would meet the varied needs of all Weber Ultrasonics' staff members. And demand for the sporting events has shown that the staff are clearly behind the program. Belinda Abel and Andreas Erlenmaier are the brains behind „Enorm in Form“ when it comes to exercise, nutrition and relaxation. These two friendly professionals offer their comprehensive consulting and training services both to small groups in companies and to private individuals - passing on their excellent knowledge as personal coaches with targeted consulting to improve their clients' quality of life.

Weber Ultrasonics - An employer with a vision. As a manufacturer of high-grade ultrasonic components, the Ittersbach-based company is playing a dynamic role in driving forward the development of ultrasonic technology. Team work and staff motivation are two key factors that the company believes have helped it enjoy such success since it was founded in 1998. And with its fitness program, the globally operating company makes a valuable contribution to promoting a healthy work-life balance in the whole team.

