



Movement in the workplace

Get moving, right during your workday. Short exercises you can do while sitting or standing. Together with colleagues.

We will soon be starting movement on the floor in Production as well.



At Kwekerijen, we have been doing this for years with great success. In short videos, colleagues show how fun it is to exercise in the workplace. They demonstrate the exercises, and you can easily join in!



Three times a day, a movement moment appears on the screen. A short exercise that everyone can participate in. This gives you the chance to stay fit during work.



Before we get started, our Workplace Research advisors will stop by to explain why moving during work is so important for your health.



Together, we make movement a regular part of the workday. For more energy, more fun, and a vital workplace!

Scan the QR code to read this text in English or Arabic.