

Newsletter corona #14

Amsterdam, 26 juni 2020

Dear client,

**We are here for you, especially now!**

In our weekly newsletter we keep you informed of the latest developments in the field of Occupational Health and Safety services and the extra services we can offer you.

**On the move with Enrgy in Business**

Do you have any employees who have had the corona virus and now experience a deterioration in their fitness condition? Because of the corona virus, people can have residual complaints, such as reduced stamina, decreased muscle strength and weight gain. We also move less by working from home. Think for example of the walk from the train station to work or the bike ride home that you are now missing. Enrgy in Business gets your employees moving. Through our training program we get your employees fit @ work again.

Under the guidance of an experienced trainer, we organize a physical training of 60 minutes in circuit form every Tuesday and Thursday, so that everyone can participate at their own level. By moving your muscles and joints become more supple and stronger, reduce stress and improve your resistance. An individual training program and/or individual guidance is also possible.

The course takes four weeks and consists of 8 training sessions and preparation time for the participants. For registration or more information please contact Marco van Tongeren via [m.van.tongeren@enrgy.nl](mailto:m.van.tongeren@enrgy.nl)

**Corona Thermometer (free!)**

The impact of the corona virus is great. In this situation it can be difficult to keep a grip on the well-being of your employees. That's why we offer a free Corona Thermometer to assess the health and work experience of your employees. This can provide valuable information about the (mental) health of the employees in your organisation. At the same time, it is a management tool with which can give your organisation relevant tips and advice. This enables you to adapt your policy to the needs of your employees in these challenging times.

Would you like to track and help your organization and employees as much as possible in this day and age? Please contact your Account Manager or send an email to [vitaliteit@enrgy.nl](mailto:vitaliteit@enrgy.nl).

**Knowledge session Working from Home in a Healthy Way in English (free!)**

On Tuesday, June 30th from 10.00 - 11.00 hours we will give the online knowledge session 'Working from home in a healthy way' in English. Participation is free of charge. Your employees can send their registration by e-mail to [trainingen@enrgyinbusiness.nl](mailto:trainingen@enrgyinbusiness.nl) stating their name, e-mail address and date of participation. They will then receive a confirmation and information to log in.

**Information on our website**

On our website we have put together relevant information, a FAQ, our extra services and our newsletters. Please visit <https://www.arbobutler.nl/corona>

**All the best!**

Finally, we wish you a lot of strength and all the best during this period. If you have any questions, we are at your disposal via the Corona helpdesk, your Account Manager or your contact person with regard to the absenteeism!

Kind regards,

Ilse de Jonge  
Marcel Houtman

**Management Board Arbobutler**  
Part of de Enrgy in Business Group