

Pension and health go hand-in-hand

It's important for your security that your pension savings match the way you live your life and your wishes for the future. And it's vital that your health isn't an obstacle to achieving your dreams either.

Our insurance coverage gives you security in the event of an accident or declining health. But as your pension company, we believe it is our duty to get ahead of such problems by promoting health, wellbeing and a good life.

Velliv.dk/sundhed

On our website you will find an inspiring health universe to help you take care of your physical and mental health throughout life. At velliv.dk/sundhed you can, for instance, measure your stress level, find help to stay mentally healthy and get good advice and tools to be more active every day.

Velliv app

Remember, you can always get a simple overview of your pension in Velliv's app. You can download the app from the App Store or Google Play.

Velliv, Pension & Livsforsikring A/S

Lautrupvang 10
2750 Ballerup

Phone: 70 33 99 99
kontakt@velliv.dk
CVR-no. 24260577

www.velliv.dk

The Velliv logo consists of a stylized heart shape followed by the word "Velliv" in a bold, sans-serif font.The Velliv logo consists of a stylized heart shape followed by the word "Velliv" in a bold, sans-serif font.A photograph of two men sitting on the grass outdoors. The man on the left is wearing a light blue shirt and dark trousers, leaning forward. The man on the right is wearing a white shirt, grey trousers, and glasses, looking at a tablet held by a third person. The background is a blurred outdoor setting with greenery and a white fence.

Hold a walking meeting

- get more energy and creativity with a walk & talk

Why a walking meeting?

Walk & talk is just one of several opportunities to combine working and moving in a good and fruitful way. Because even though office work isn't physically demanding in the traditional sense, being in the same position and many sedentary hours behind the screen can pose a great risk to your health, such as injury to the musculoskeletal system and pain, which then results in sick leave. Injury that, to a large extent, can be prevented by more variety and movement during the working day.

It's all about seeing opportunities and breaking habits. Taking more walk & talks is an obvious place to start.

An outdoor meeting provides more energy, and the informal meeting format can even make a positive contribution to the outcome of the meeting. A study from Stanford University has shown that people's **creativity increases by an average of 60% when they walk**, compared to when they sit.

Get going during lunch

If you don't have many meetings, or your meetings aren't suitable for a walk & talk, you don't have to miss out on the good effects of a walk in the fresh air. Grab some food and the opportunity to go for a walk during your lunch break. Agreeing to do it with a colleague can help you to get each other going.



Don't be limited by pen and paper, use a Dictaphone function on your phone. Dictate what you agree as you walk, and the app will write it as text – that you just have to then send to the meeting participants.

5 advantages of walk & talk

- **Reduced sitting time**
 - prevents musculoskeletal injuries, pain and sick leave
- **Greater creativity**
 - we think better when our body is in motion
- **Increased wellbeing**
 - movement removes stress hormones
- **Fresh air**
 - picks us up and gives us energy
- **You burn more calories**
 - easier to keep the weight off

5 tips to get started

- When inviting someone to a meeting, always consider whether it could be a walk & talk.
- Set a goal for how many walking meetings you would like to hold per week.
- Keep a log of how often, how far or how many steps you take. Striving for 10,000 steps a day can be very motivating.
- Take note of whether you think this meeting format provides better dynamics and more energy. It's easier to choose a walking meeting if you're aware of the benefits.
- Have a little competition with your colleagues. It could just be a simple form that you hang up:

Name	No. of walk & talk kilometres walked in June
Niels	2+3+2
Louise	4+2+2+2