



EXERCISE

– BEFORE AND DURING THE WORKDAY

JOIN “ARBEJDSPLADSERNES MOTIONSUGE” IN WEEK 41 EVERY YEAR

“Arbejdspladsernes Motionsuge” is a great opportunity for companies and organizations to strengthen the community and well-being among employees. Put extra focus on colleague exercise during the week, participate in local events – or create your own!

BOOK AN INSTRUCTOR

Get an instructor to your workplace for yoga, fitness, running, or another kind of exercise? A regular time slot each week for example – just after arriving at work, in the middle of the day or after work hours.

PARTICIPATE IN A “TÆL SKRIDT-KAMPAGNE”

“Tæl Skridt” is a nationwide campaign that allows you to build team unity, incorporate more movement, and add fun competition to the workday. The campaign runs four times a year and is part of Dansk Firmaidræts efforts to promote more physical activity in the workplace. As a member of Firmaidræt Storkøbenhavn, you can participate for free in one Step Count campaign per year along with the rest of our members.

BECOME A CERTIFIED LEADER FOR AN ACTIVE WORKPLACE

“Anføreruddannelsen” is an education in movement and colleague exercise, where participants learn how to initiate colleague exercise at the workplace, create good team spirit, and integrate colleague exercise into the culture.



WHY EXERCISE WITH YOUR COLLEAGUES?

Colleague exercise is the unifying, inclusive, and active break at work where we engage in physical activity and strengthen the community, minds, and smiles together with our colleagues across professions, job functions, departments, and physical abilities. We come closer and enhance our interpersonal relationships when we collectively participate in something active, fun, and meaningful. Experiences and studies show that we find it easier to communicate and become more satisfied employees with improved well-being when we engage in colleague exercise together.

Take a walk, play table tennis, do one exercise per hour, play floorball in the parking lot, start the day with a group run, and so on.

Do you lack inspiration or motivation to get started? We are here to help you!

BUILD TEAM UNITY

– BEFORE, DURING, AND AFTER WORK

There are countless benefits to being active, engaging in exercise, or participating in sports with your colleagues. It boosts productivity in the workplace, has a positive impact on well-being, and reduces absenteeism.

41 %

experience more
job satisfaction

45 %

notice increased
energy levels

55 %

achieve greater
workplace
happiness

CONTACT



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Firmaidræt Storkøbenhavn



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Firmaidræt Storkøbenhavn



Scan and learn
more on our
website



BECOME AN ACTIVE WORKPLACE

WITH FIRMAIDRÆT STORKØBENHAVN

✓ SPORTS

✓ EVENTS

✓ COLLEAGUE
EXERCISE

✓ INSPIRATION



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TOURNAMENTS

FOR YOU AND YOUR COLLEAGUES

BADMINTON
September-April

BILLARDS
September-April

TABLE TENNIS
Oktober-March

BOWLING
September-April

SOCCER
April-September

PETANQUE
April-September

TENNIS
May-September

ACTIVITIES MULTIPLE TIMES A YEAR

– EVERYONE CAN JOIN!

Are you a water enthusiast? Then **SWIMMING AND WATER GYMNASTICS** are just right for you! As a member, you can swim multiple times a week from September to May at a low annual price.

Looking to challenge your brain in a new and exciting way, combining exercise, fresh air, and map reading? **ORIENTEERING** can provide that – all year round!

15, 30, 40 ... game on! Many have by now become familiar with **PADEL** – whether that applies to you or not, you can participate in several padel-events throughout the year with us.

We play **HANDBALL** a couple of times a year, where you can participate with one or more teams – who will end up victorious?

Catch some fish and have fun! We offer **SPORTS FISHING**, where we go for about 7-10 trips per year, usually on Sundays. At the beginning of the year, an activity schedule with dates and times for all our trips is published.

EVENTS AND TOURNAMENTS

We host a variety of fun events and tournaments throughout the year where everyone can participate. If you or your workplace are a member of Firmaidræt Storkøbenhavn there will be great discounts for you!

- AT OUR EVENTS, YOU HAVE THE OPPORTUNITY TO**
- Try a new sport
 - Compete against other workplaces in one of our sports tournaments
 - Get your heart rate up at fitness events
 - Enjoy nature on a hiking trip

We regularly invite you to new events
– keep an eye on our website or social media.

RACQUET SPORTS

ARE YOU INTERESTED?
BOOK A COURT WITH US!

BADMINTON COURTS
Badminton courts can be booked all year round from 8:00 AM to 11:00 PM (9:00 PM on weekends), and there are options for hourly booking and seasonal booking.

TENNIS COURTS
Tennis courts can be booked from May to September (and October too, weather permitting).

It is possible to book tennis lessons with our coach who has many years of experience.



Do you and your colleagues want to play even more badminton or tennis? Take a look at our ongoing tournaments where you can compete against other workplaces.

Read more about booking badminton and tennis courts through the QR code.



Scan and learn more on our website