

Be 2 move

Der Stuhl, der dich bewegt

Healthy employees. Successful company.

**A Systematic Approach
to Workplace Health Management:**
Promote physical activity, reduce absenteeism



The Vision of be2move

Better Health in the Workplace

In a workplace that is becoming increasingly fast-paced, digital, and sedentary, new solutions are needed - for **health, productivity, and well-being** at work. This is exactly where be2move comes in.

be2move is an **innovative exercise device** that brings movement right to your desk.





The vision behind it:

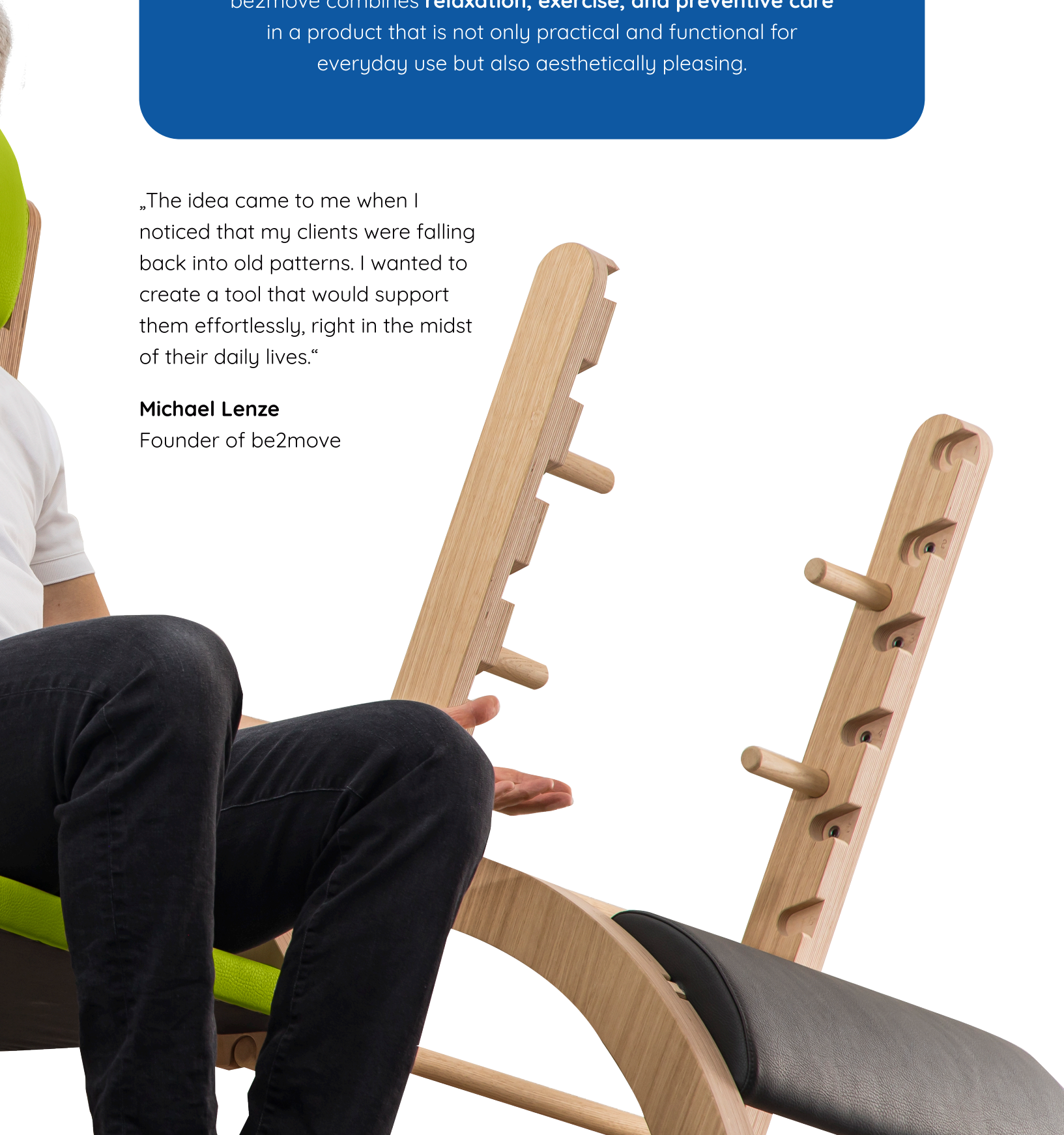
"Bringing movement to where it's lacking: when sitting."

be2move combines **relaxation, exercise, and preventive care** in a product that is not only practical and functional for everyday use but also aesthetically pleasing.

„The idea came to me when I noticed that my clients were falling back into old patterns. I wanted to create a tool that would support them effortlessly, right in the midst of their daily lives.“

Michael Lenze

Founder of be2move



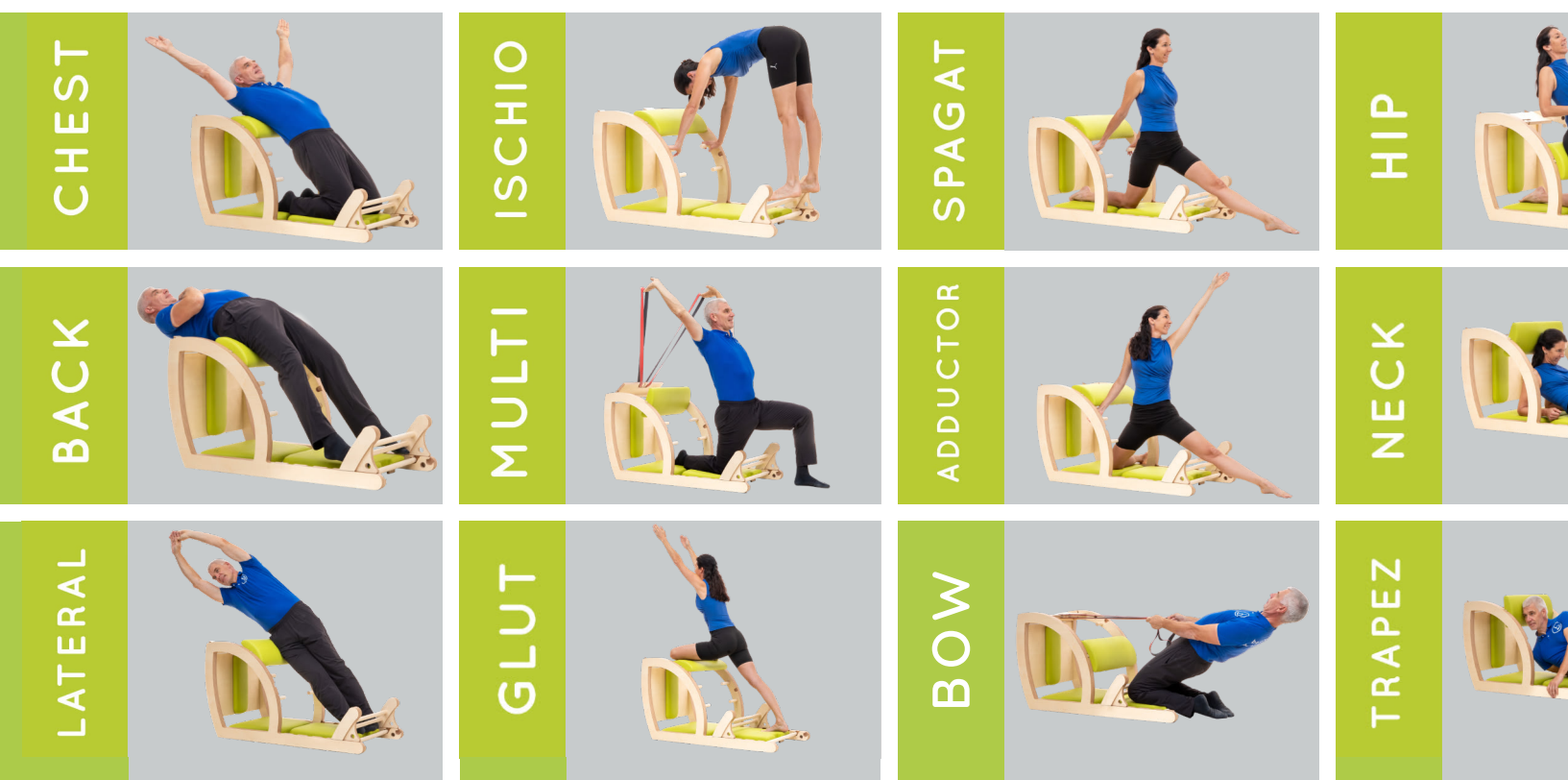
Effective training. Minimal space. Maximum results.

Developed in collaboration with experts in physical therapy and myoreflex therapy, be2move is based on **scientific principles**. Every exercise is effective, safe, and sustainable.

Targeted and, above all, active muscle length training improves flexibility, relieves tension, and prevents pain - for noticeably **greater mobility and well-being**.



1 machine // 3 positions // 20 exercises





Space-saving & flexible

Fits anywhere, whether at the office, in the studio, or at home



Scientifically sound

Developed in collaboration with experts in physical therapy and myoreflex therapy



Ready to use

No need to change clothes, no complicated workout - just get started



Greater mobility & less pain

Lasting improvement through active muscle stretching

Start now

You can **get started right away** - no need to change clothes, **no complicated instructions**, and no lengthy training.

be2move integrates seamlessly into your daily routine - **anytime, anywhere, without any extra effort** or wasted time.

es



CHEST



STAND



LATERAL



HIP



GLUT



ISCHIO



TRAPEZ



ADDUCTOR



RELAX



Sick days – The challenge for workplace health programs



The problem: a **lack of physical activity** and repetitive strain at work are the root causes.

Long periods of sitting, repetitive movements, and high work pressure are part of daily life for many employees. Back pain, muscle tension, and a **lack of physical activity** not only lead to physical discomfort but also to **reduced concentration**, increased stress, and **declining productivity**.



Physical Ailments



Reduced concentration



Increased stress

The Consequences



Declining productivity

Business costs will continue to rise at an ever-increasing rate in the future!



Rising healthcare costs: Back and joint pain are among the most common reasons for taking sick days.



Declining performance: Discomfort and tension lead to reduced concentration and productivity.



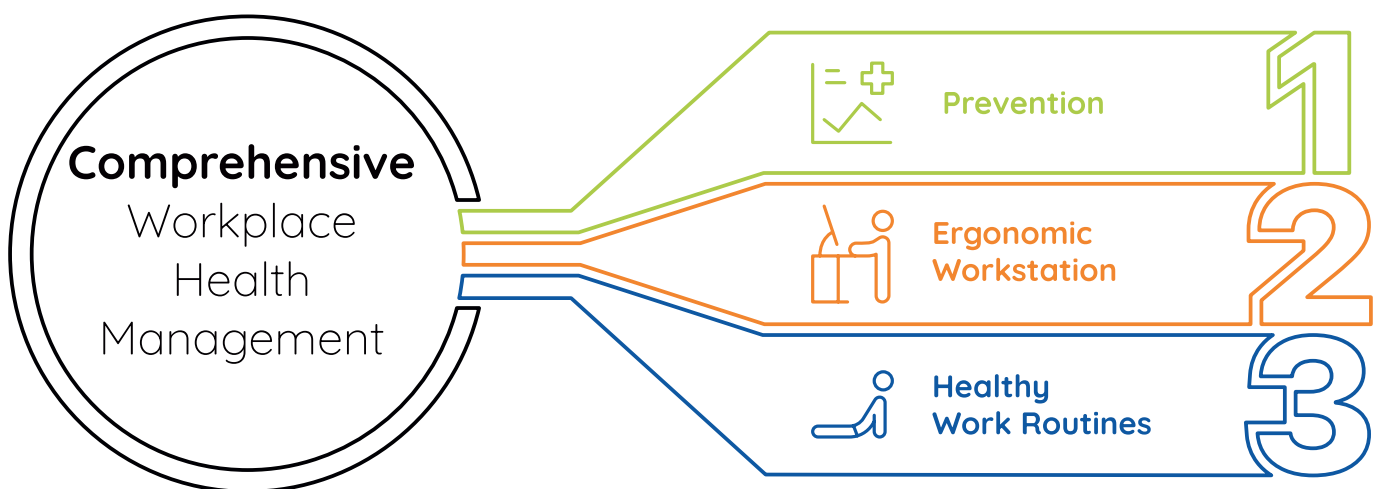
Lack of preventive measures: Many health services are expensive, difficult to implement, or rarely used.



be2move for productive employees

A comprehensive workplace health management program includes measures for prevention, promoting **ergonomic workstations**, and **establishing healthy routines** in the daily work routine.

Whether through active breaks, specialized wellness programs, or **modern solutions for workplace ergonomics** - a sustainable workplace wellness program enhances **employee well-being** and plays a key role in the company's success.





Easy integration into daily work routines



No need to change clothes or clock out

Available whenever you want:
just pop in on your way by
and relax



Space-saving and flexible

Fits in any office with 20
exercises in just one square
meter



Relaxation and exercise in one

For long-term health through stress relief with
the rocking motion



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For Businesses Better health. Better performance.

The be2move exercise rocking chair is more than just an ergonomic piece of furniture - it is an effective tool for promoting health, motivation, and productivity in the workplace.

Your benefits at a glance:

- ✓ **Healthier employees:** Improved mobility, posture, and well-being
- ✓ **Less absenteeism:** Preventive exercise helps prevent common office-related ailments
- ✓ **Higher productivity:** Physical activity boosts concentration, creativity, and motivation
- ✓ **Integrates seamlessly into workplace health management:** An ideal component of workplace health management and promotion



Invest in the health of your employees

be2move is a tool for modern business management.

Whether you choose to **buy, hire purchase, or lease:** Together, we'll find the right model for your organization and show you how to effectively integrate be2move into your workplace health management or workplace wellness strategy.

Get a personalized consultation with no obligation.

Our experts will analyze your needs and develop a plan tailored to your space, goals, and employees.

1

Free consultation & concept solutions

Our experts will advise you on which be2move concept best suits your company and your daily work routine.

2

Integrate be2move easily - instantly and intuitively

Compact and intuitive: a device that's ready to use right away.

3

Healthy and motivated employees

Absenteeism is falling, while productivity and creativity are rising: Sustainable healthcare that drives business forward.



A modern office interior with a long, bright hallway. On the left, there are large white planters filled with green plants. On the right, there are white desks with black office chairs. The floor is highly reflective, showing the ceiling lights and the office furniture. Large windows on the far side offer a view of a city skyline. The ceiling has recessed lighting and air vents.

be2move – more physical activity right at the workplace

Ideal for **companies that want to invest in their employees' health** - without complicated fitness equipment or long workout sessions.

Buy? Hire purchase? Lease?
You decide!



be2move

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FOR
BUSINESSES



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