

Press Release

Hamburg, 01. October 2015

OTTO opens Germany's largest corporate fitness lounge

1,200 m², over 30 different training sessions weekly, 32 fitness machines and 4 training rooms – Germany's largest corporate Fitness Lounge offers employees at OTTO, the Otto Group, Techniker Krankenkasse and other cooperating companies richly varied health support and fitness training that's plenty of fun.

A state-of-the-art fitness studio has been created in collaboration with the health insurer Techniker Krankenkasse that provides comprehensive user-support and services. From 01 October, members of the Fitness Lounge can benefit from a health-orientated workout and an extensive training-course offer designed to boost body and soul. Over 30 courses are held weekly, ranging from full-body strengthening, through stamina training to relaxation techniques. With an electronic keycard, the leading-edge fleet of training apparatus ensures the correct support of users' movements and bespoke training programmes. Covering a total of 1,200 m² the Fitness Lounge is Germany's largest corporate fitness studio.

Through offering its own Fitness Lounge, OTTO is consistently pursuing its goal of giving its employees the opportunity to stay fit and healthy. "For several years now we have actively supported our employees' health, and survey them at regular intervals regarding their personal wellbeing", says Karsten von Rabenau, Divisional Manager at aktiv.net. "Through providing the Fitness Lounge, health courses and numerous other offers we not only

contribute to our employees wellbeing and health but also raise our attractiveness significantly for job applicants as a potential employer.”

In aktiv.net the company can count on a competence centre for health management. Since 2002 it has brought together the Occupational Health, Health Support, Company Sports, Company Medical Service and Social Advisory services under one roof. Thanks to this systematic interlinking of the individual health modules, OTTO is able to provide its employees with the full range of health-related services from a single source. The offers and user support are optimally tailored to individual requirements

Fitness Lounge facts and figures – an overview:

Facilities:

- 1,200 m² overall space
- Intelligent Wellness Key system, which can show personal exercise and training plans directly on the training apparatus
- Functional fitness space: 200m²
- 80m² cardio-training space with a range of different stamina training equipment including running machines, crosstrainers, cycling and rowing machines
- 500m² power training area with modern Technogym muscle-training machines
- 4 fitness-course rooms
- TK Health Lounge for health-orientated courses and consultations
- Private Lounge for personal training, physio or osteopathy treatments
- Diagnosis rooms for medical history consultations and defining individual training plans (e.g. carrying out cardio scans, analysing physical constitution, blood-pressure checks etc.)
- TK Info Corner: Social Space and TK information area
- Changing rooms and showers for men and women, including two individual changing cabins.

Apparatus:

- 14 power-training machines
- 18 cardio-training machines.

Courses:

- 29 different course sessions held weekly
- Course offer includes Power, Yoga, Pilates, Tummy-Thighs-Bottom, Functional Fitness, Back Gym, Kick & Punch, Balance & Move, Hot Iron, Cross-fit, Bootcamp, Running Meets, Torso Fitness, Zumba Dance and Deep Work
- Additional health courses include Natural Jogging, Aquafitness, Brain Fitness, various nutrition courses and Mindfulness-Based Stress Reduction (MBSR) courses.

Trainers:

- 16 apparatus trainers
- 7 health course trainers.

Further information about TOPIC is available at www.otto.de/unternehmen.

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