



Healthy Workplaces for All Ages

Promoting a sustainable working life





SERVICE FACILITY for the Czech Ministry of the Interior

Provides a wide spectra of services for the department of the Ministry of the Interior ...



OPTIMA project

Health, physical and mental conditioning ...

... provided for the work of public safety organisations and its members

OPTIMA project - promotional video

Presentation video will be uploaded on the spot prior to the presentation.

Youtube link to preview:

<https://youtu.be/F2CylxF9uhA>

OPTIMA project - Contribution



We create and conduct an original motivational and training program for Police officers and Firefighters to:

- support safety and health at work
- decrease the risk of injury and health problems
- increase the effectiveness and productivity at work
- increase the quality of life

OPTIMA project - Coverage



We provide the education and training in:

- ability to relax and manage stress more effectively
- healthy and effective body movement and physical exercise
- better health, healthier back and joints, prevention of injuries and health problems
- physical and mental condition, performance and endurance in real-life situations
- sleep and nutrition
- correction of improper exertion and sedentary life style

OPTIMA project - Results

- conducted more than 200 educational and training programs for more than 2000 members of the public safety organisations
- created the training methodology which improves preparation of the public safety organisations and its members
- increased the interest in the rehabilitation programs from 1848 participants in 2014 to 9041 participants in 2017
- training participants' feedback with average evaluation mark 85 %

OPTIMA project - Perspective

- to train another 350 instructors, who should spread the Optima program to all the 70 000 workers in the field of the Ministry of the Interior
- build the Optima training center in Vestec – Prague
- Optima as a bottom line of our new project „Healthy Workplace“ that supports health and physical and mental shape of office workers of the Ministry of the Interior
- cooperation with the Slovenian police

Thank you for your attention ...

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