

**CONDITION TESTS**

How fit and wellbeing is your working community?

Motivated and wellbeing staff is the most important resource in any business and company. Haikko Manor Spa and its staff can help your working community to find keys to everyday fitness. Choose one of our Wellbeing at Work or Keep Fit at Work -programs; combine exercises with relaxation, information, action and even culinary experiences to the best suitable program for your group. We provide flexible wellbeing services for your staff and business.

[Request an Offer](#)

Contition tests

Polar BodyAge Assessment

Determines you health and fitness condition. After the test you will know the true age of your body and you will receive your personal training instructions.

Ergometer test

3-step bicycle test evaluates individual breathing and blood circulation condition and oxygen uptake capacity.

Walking test

The UKK Institute developed 2 km walking test. Possibility for follow-up by Firstbeat.net -program.

Wellbeing and Recreation Days

- Will be planned according to your company's/community's wishes
- Includes versatile exercises, tests, information and relaxation

Keep Fit -Courses

- Will be planned in cooperation with your occupational health care, your company's/community's representatives and Haikko's wellbeing instructors
- Targeted courses for example for +50 employees, shift workers, etc.
- Financial support can be applied from various Finnish trade unions' recreational organizations

Training and Development Days for Working Communities

- Will be planned according to company's/community's needs and wishes
- Working community training
- Leadership training

Haikko Manor Spa is located close to Porvoo and only 45km from Helsinki. It is a perfect place to spend time with your workmates and for your company event.

Kuvagalleria



