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March 2022



Falck Pulse

Health all around - 4 weeks packed with health



Get excited about Community, Mind, Lifestyle, and Body

In the coming weeks you will receive tips and advice on small healthy changes in your everyday life through articles, videos, and podcasts.

Everything revolves around Falck Pulse, so if you haven't already, download the app now!

To access the app, get the license codes via the link below or from your manager.

Get more info [here](#)

Week 11 starts with the theme Community

Community week is all about being healthy together. We will focus on physical activities and creating greater well-being as a team.

We encourage your sense of community with Falck Pulse push messages, but please feel free to go ahead and be creative on your own and in your teams.

Are you excited? We are.



Online training

As a Falck employee you have access to online training.

Both team training like functional training, abs & back, mental fitness, and Smart Breaks which offer small active breaks during the workday.

Check out the selection of training sessions and find the ones that suit you the best.

Click [here](#) to see your options



Questions or comments? [Contact us](#)

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