EVERYTHING
with tradition

BIKAR METALS

PRESS INFORMATION

Wednesday, 28 october 2026

Prevention rather than reaction: BIKAR brings health promotion directly to the workplace

With its own Company Health Coach, individual training sessions and a wide range of group fitness classes, the family-owned company BIKAR is investing in the health and wellbeing of its employees.

Bad Berleburg, 28 October 2026 – Long hours sitting at a desk, physically demanding tasks in production or repetitive movements: employees face a wide range of health-related challenges in their daily working lives. With sickness absence on the rise and the growing shortage of skilled workers, workplace health promotion is becoming increasingly important. The family-owned company BIKAR METALS is therefore taking a proactive approach to prevention. Since September, its permanently employed Company Health Coach, Bianca Aubart, has been supporting employees at the Bad Berleburg site with individual training sessions and a varied programme of fitness classes.

Preventive Healthcare Directly at the Workplace

Employees who want to improve their health no longer need to head to the gym after work. At BIKAR, they can take advantage of individual training sessions and a variety of group classes. A dedicated fitness room has been set up specifically for this purpose.

The focus is on strength, endurance, mobility and coordination. The programme caters for all fitness levels, from beginners to experienced fitness enthusiasts.

"I want exercise to be seen not as another obligation, but as something that can easily be incorporated into everyday life," explains Bianca Aubart. "Everyone has different needs and abilities. That's why we work together to find out what is suitable and achievable for each individual. Often, even small changes can make a big difference."

From Morning Mobility to After Work Fitness: Training for Every Working Routine

The varied programme takes employees' different working hours and individual needs into account. As early as 6:45 am, employees can start their day with targeted mobility and stretching exercises in the "Morning Mobility" class. Those looking to

make their lunch break more active can join "Lunch & Move" or the group walking sessions.

For those looking for a more intense workout, a dynamic full-body session combining elements of taekwondo and boxing helps improve endurance, strength and coordination. “After Work Fitness” offers a varied range of exercises to unwind and stay active after the working day.

Classes are scheduled at different times to give shift workers the opportunity to participate as well. There are no fixed groups: employees can sign up flexibly for their preferred sessions each week.

Individual Support for Office and Production Employees

Alongside the group classes, personal training is another key element of the programme. During individual sessions lasting between 15 and 60 minutes, Bianca Aubart focuses on each employee's specific needs and fitness goals. These might include improving mobility, building strength or incorporating more physical activity into everyday life.

Whether in administration, warehousing or production, the physical demands of work vary considerably. While office employees often spend long periods sitting with limited opportunities for movement, production employees are more likely to face physical strain and repetitive movements.

"I spend a large part of my working day sitting at a desk, so physical activity can sometimes take a back seat," says **Tarek Omeirat, Head of Administration**. "The training has made me more aware of my posture and mobility. What I particularly appreciate is being able to take advantage of these sessions right here at work."

Employees in production also benefit from the individual support. "Our work involves being on our feet a lot and is physically demanding. But that doesn't automatically mean we're moving in a healthy way," says **Sascha Bicher, Production Planning and Deputy Plant Manager.** "During the training sessions, I'm learning exercises that specifically help improve my back strength and mobility. I think it's great that BIKAR gives us this opportunity."

Health Promotion as Part of the Company Culture

With its own Company Health Coach, BIKAR is complementing its existing workplace health initiatives, which also include programmes focusing on ergonomics and nutrition. The aim is to make preventive healthcare easily accessible and establish it as a permanent part of the company.

Convenient access, personal support and flexible training options make it easier for employees to exercise regularly. This is particularly important in light of demographic change and the shortage of skilled workers. Workplace health initiatives can help improve wellbeing, maintain employees' long-term ability to work and strengthen employee retention.

For BIKAR, investing in employee health is therefore also an investment in the company's future.

About BIKAR

Since 1962, the family-owned company BIKAR has specialised in the trading and processing of aluminium, copper, brass, bronze, special alloys and plastics. Now managed by the third generation of the founding family, the company employs more than 950 people across various international locations. Its headquarters are in Bad Berleburg, in the Siegen-Wittgenstein district of Germany.

5.257 Characters including spaces and headings

Press contact:

Vanessa Roth | CMO
Tel.: +49 2751 – 9551 753 | E-Mail: vanessa.roth@bikar.com

Images

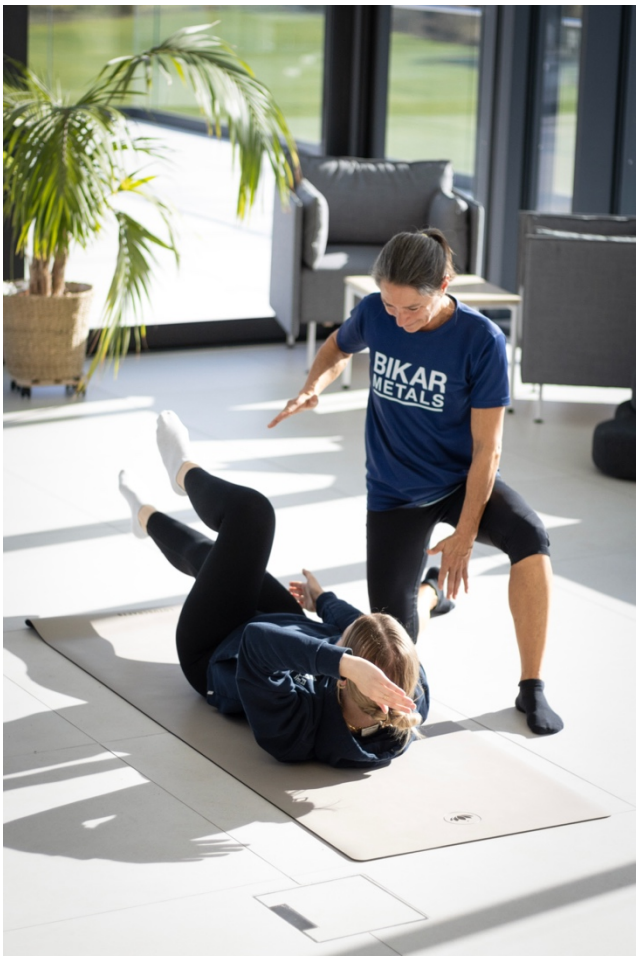
Health promotion directly in the workplace: Company Health Coach Bianca Aubart supports BIKAR employees with individual training sessions and a variety of group fitness classes.

Photo credit: BIKAR METALS GmbH






HERZSTÜCK
PRODUKTION


BIKAR
METALS


BIKAR
METALS