



Karolinska
Institutet

KI Health Hub

MBB october 2025

Health Hub Team



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Physiotherapist



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Physiotherapist

MBB HR-Puls survey – spring 2025

Work satisfaction 76%

Meaningful work 78%

Stressed lately 93%

Affecting sleep 68%

Physical activity less than 1 hour/week 49%

29 000 days



Physical activity

Some voices from KI

"Three minutes of activity every half hour can improve the health of sedentary people"

Erik Näslund. Professor at the Department of Clinical Sciences, Danderyd Hospital. Karolinska Institutet

"Every movement counts"

Mai-Lis Hellénus. Professor Emeritus at the Department of Medicine. Karolinska Institutet

"Exercise and movement linked to the working day increase the chances of it being done"

Carl Johan Sundberg. Professor at the Department of Physiology and Pharmacology. Dean KI Nord. Karolinska Institutet.

Pausit – digital tool for regular breaks

- Schedule your breaks
- Get random movements or choose what suits you
- Available in multiple languages

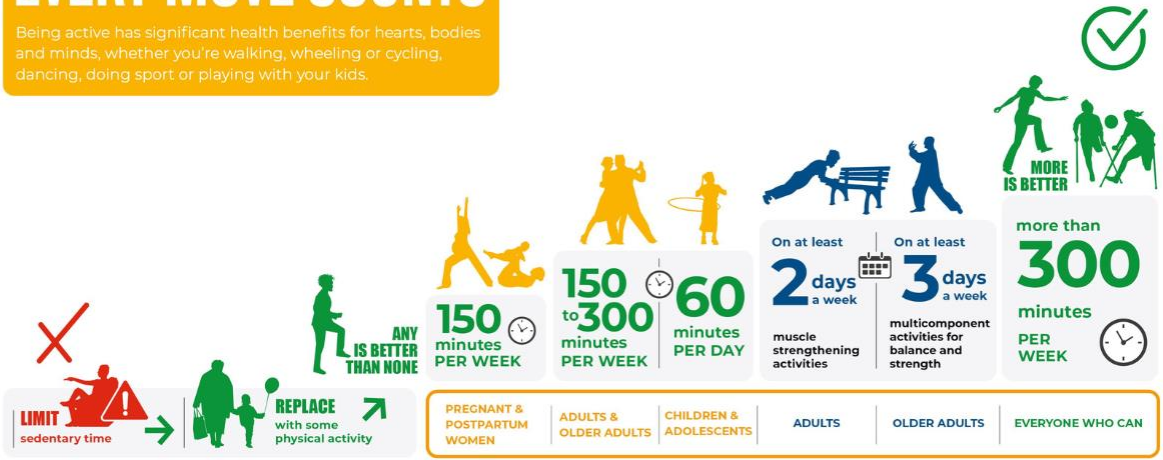


KEY MESSAGES

- 1
- Physical activity is good for hearts, bodies and minds.
Regular physical activity can prevent and help manage heart disease, type-2 diabetes, and cancer which cause nearly three quarters of deaths worldwide. Physical activity can also reduce symptoms of depression and anxiety, and enhance thinking, learning, and overall well-being.
- 2
- Any amount of physical activity is better than none, and more is better. For health and wellbeing, WHO recommends at least 150 to 300 minutes of moderate aerobic activity per week (or the equivalent vigorous activity) for all adults, and an average of 60 minutes of moderate aerobic physical activity per day for children and adolescents.
- 3
- All physical activity counts.
Physical activity can be done as part of work, sport and leisure or transport (walking, wheeling and cycling), as well as every day and household tasks.
- 4
- Muscle strengthening benefits everyone.
Older adults (aged 65 years and older) should add physical activities which emphasize balance and coordination, as well as muscle strengthening, to help prevent falls and improve health.
- 5
- Too much sedentary behaviour can be unhealthy.
It can increase the risk of heart disease, cancer, and type-2 diabetes. Limiting sedentary time and being physically active is good for health.
- 6
- Everyone can benefit from increasing physical activity and reducing sedentary behaviour, including pregnant and postpartum women and people living with chronic conditions or disability.
-

EVERY MOVE COUNTS

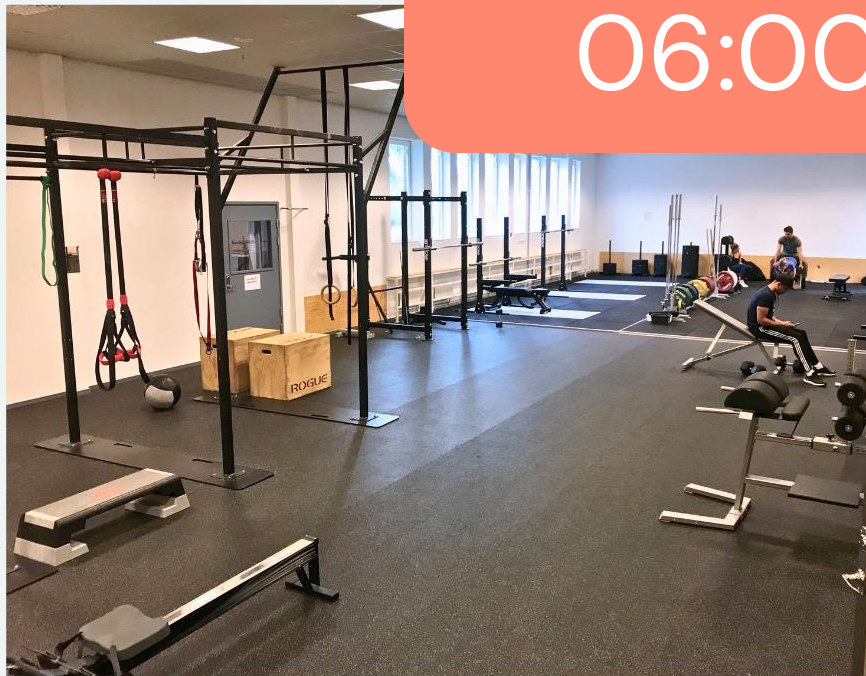
Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



WHO guidelines on physical activity and sedentary behaviour (2020).
For more information, visit: www.who.int/health-topics/physical-activity

Campus gym

06:00–22:00



Flemingsberg, Alfred Nobels Allé 23



Solna, Berzelius väg 9

Classes and workshops



Weekly classes on both campus

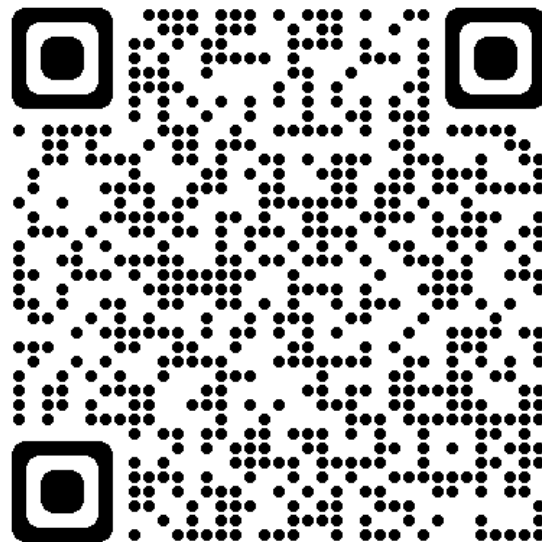
Booking through Wondr: Book activity

Filter in Wondr by location or by your favourite coach

Campus gyms

- 20 different training classes per week
- 10 sports activities/week in Solna in collaboration with IdrU
- Approx. 70 hours/week individual booking times in the sports hall and studio
 - Badminton, table tennis, basketball
 - Dance, yoga, etc
- Recurring booked times for departments in sports hall
- On-site coaching
- Gym for self-training

For all employees and students



GET STARTED LIFTING



Learn the lifts. Build confidence.

Master the basics — deadlift, squat, row, and press — and leave ready to train on your own.

Flemingsberg



Solna



Health Hub



Courses, autumn 2025



Strengthen yourself through the joy of dancing

Dance for Health

Flemingsberg Mondays 15:15–16:15
Start October 20

Solna Thursdays 15:15–16:15
Start November 13

For KI employees

More information and registration



Health Hub



Gym and health coaching

- **Gym coaching** is a practical session where you learn 3–4 basic exercises and get a simple programming to get started.
- **Health coaching** is a coaching conversation about lifestyle habits with a focus on physical activity as a tool.
The conversation is based on your current situation, what support you need and what you can do yourself to achieve good health. The health coaching can be a good start on the journey towards a healthier and more active lifestyle.

For all employees

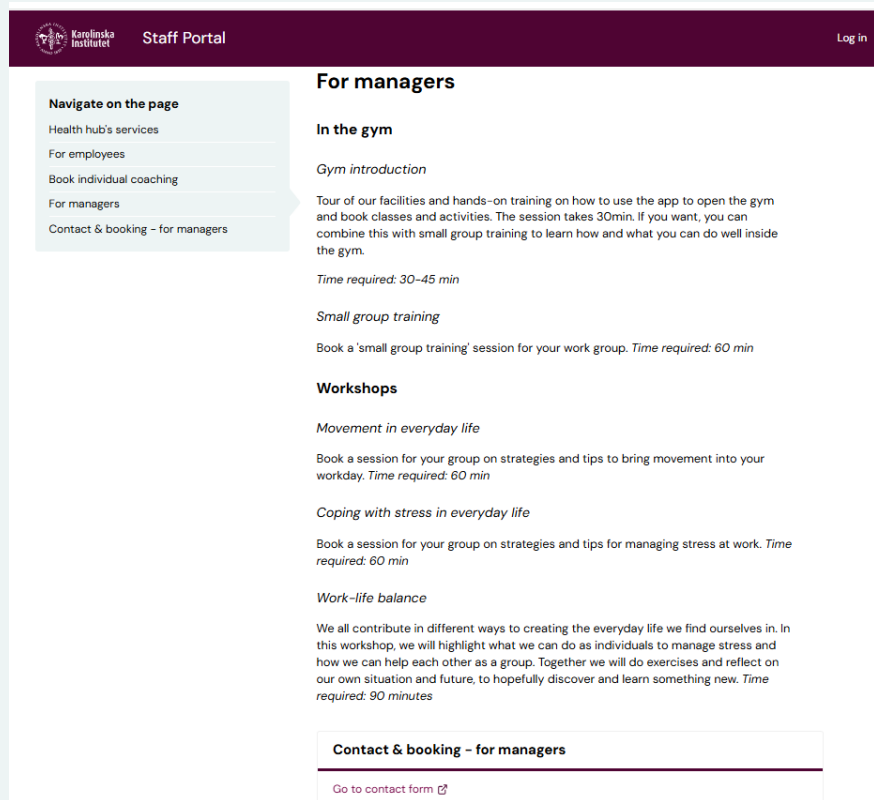




What do you
do to bring
movement
into your
everyday
life?

Health Hub services – for groups

- Workshops
- Mobile gym
- Gym intro
- Small group training
- Recurring times in Health Hub spaces



The screenshot displays the 'Staff Portal' of the Karolinska Institutet. A dark purple header bar contains the logo, the text 'Karolinska Institutet', 'Staff Portal', and a 'Log in' link. On the left, a light blue sidebar titled 'Navigate on the page' lists: 'Health hub's services', 'For employees', 'Book individual coaching', 'For managers' (highlighted with a right-pointing arrow), and 'Contact & booking – for managers'. The main content area has a dark purple section header 'For managers'. Below it, the 'In the gym' section includes 'Gym introduction' (a 30-minute tour of facilities and app usage), 'Small group training' (a 60-minute session for work groups), and 'Workshops'. The 'Workshops' section lists 'Movement in everyday life' (60 minutes), 'Coping with stress in everyday life' (60 minutes), and 'Work-life balance' (90 minutes), each with a brief description. At the bottom, a white box titled 'Contact & booking – for managers' contains a link 'Go to contact form' with an external link icon.

Karolinska Institutet Staff Portal Log in

Navigate on the page

- Health hub's services
- For employees
- Book individual coaching
- For managers
- Contact & booking – for managers

For managers

In the gym

Gym introduction

Tour of our facilities and hands-on training on how to use the app to open the gym and book classes and activities. The session takes 30min. If you want, you can combine this with small group training to learn how and what you can do well inside the gym.

Time required: 30–45 min

Small group training

Book a 'small group training' session for your work group. *Time required: 60 min*

Workshops

Movement in everyday life

Book a session for your group on strategies and tips to bring movement into your workday. *Time required: 60 min*

Coping with stress in everyday life

Book a session for your group on strategies and tips for managing stress at work. *Time required: 60 min*

Work-life balance

We all contribute in different ways to creating the everyday life we find ourselves in. In this workshop, we will highlight what we can do as individuals to manage stress and how we can help each other as a group. Together we will do exercises and reflect on our own situation and future, to hopefully discover and learn something new. *Time required: 90 minutes*

Contact & booking – for managers

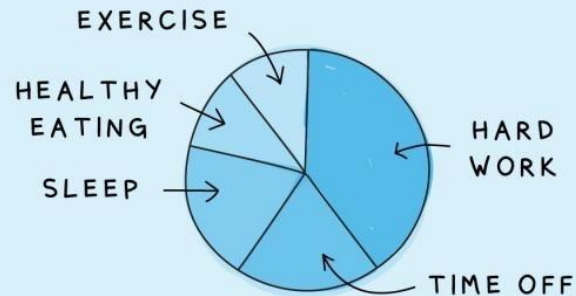
[Go to contact form](#)

Work-life balanc(e) -ing

WHAT I THOUGHT WOULD
MAKE ME PRODUCTIVE



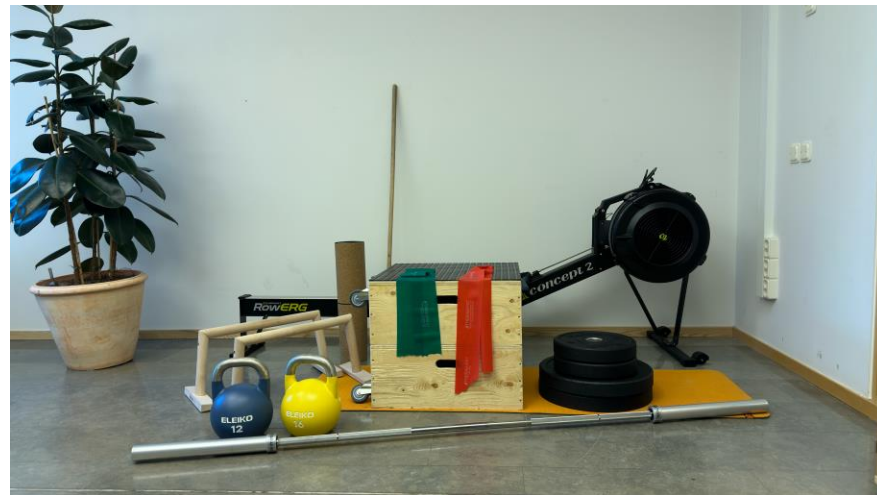
WHAT ACTUALLY DOES



@LIZANDMOLLIE

Borrow a mobile gym

- Simplify the entry to an active break
- HH installs and introduces
- Introduction, follow-up after 4 weeks and evaluation are included
- The loan period is 8 weeks



Rowing machine, barbell with weights, box with handles, kettlebells, parallelles, mat, rubber band, stick

Health Ambassadors at KI

- **An important resource for the workgroup,**
to be used for systematic health promotion efforts.
- By harnessing the social aspect and the collective energy of the group, we build connection and engagement.
- Interested? Contact Health Hub!



KI events: Pep At Work, KI Fun Run...

- Digital challenges, Campus events etc
- Check KI.se web regularly!

 **Karolinska Institutet** [Staff Portal](#)

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KI Health Hub

Our vision is to promote health and well-being at KI and contribute to a sustainable study and work environment. Our mission is to create conditions for, teach and spread knowledge about physical activity and recovery.



Highlights from the KI Fun Run 2025

A day filled with joy, community, and movement – a true energy boost that captured what KI is all about: **a sense of we.**

A big **thank you** to everyone who participated, cheered, and contributed!



New Running Community at KI!

KI Health Hub has launched **KI Runners** – a new Viva Engage community for everyone who wants to stay active. Find a buddy, share tips, and discover running meetups on the Solna and Flemingsberg campuses!



Play tennis at Campus Solna

In Solna there are two tennis courts, free for KI students and employees.

You can also borrow rackets at Health Hub, Berzelius väg 3.

Health Hub information and services



Other KI benefits and support services



Wellness hour
1x60 / 2x30 / 3x20 min



Wellness allowance



Falck Health Care
telephone counselling



Occupational Health
Service – Avonova





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