

## Gamified Training for a healthy lifestyle - *The cornerstone for your physical and mental well-being* -

*Learn about the importance of activity, nutrition and rest for your health.*

### Gamification Storyline:

In this serious business game training, you'll take on the role of Ivette, an expert in ecological agriculture and part of a pioneering space mission.

The space mission, organized by MASA, flies to the planet Larus, which has similar characteristics to Earth, to establish the first Earth colony based on well-being. To do this, the team must build facilities to keep the colony's inhabitants fit, construct a greenhouse to produce healthy food and sustain themselves, and finally create a safe space to rest.

Their successes will determine whether the new settlers will succeed in developing a healthy lifestyle. Join Ivette and her team to learn what is essential for a healthy lifestyle.

### Characteristics of the Serious Business Game:

- ✓ Learn with gamified training didactic methods.
- ✓ **Applicable and practical content for the implementation of a healthy lifestyle.**
- ✓ Results-oriented learning with revolutionary gamification technologies.
- ✓ Use the simulations for experience-based learning.
- ✓ Flexible, intuitive to use, quick and easy to train.
- ✓ An exciting gamification storyline facilitates targeted and experiential learning .
- ✓ **A unique learning experience!**

**Yes, just try it out? Get a free test license [www.Gamified-Training.com](http://www.Gamified-Training.com)**

Gamified-Training is your didactic contact for Serious Business Game Training. We would be happy to provide you with an individual offer for your team: [GoFor@Gamified-Training.com](mailto:GoFor@Gamified-Training.com). Together with you, we develop concepts how you can support your employees independently of time and location in up to 15 languages simultaneously, worldwide.

**Create a new and unique training experience for your employees!**



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### Knowledge and skills:

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LARUS is a serious business game training that focuses on **practical application**. With the help of the realistic simulations and characters in the gamified training LARUS an **effective knowledge transfer** succeeds with this training. The gamified training elements stimulate a systematic didactic learning process.

This enables you and your employees as participants to achieve a significant improvement on team and individual employee level in daily activities or projects in the cooperation. Among other things, the following skills are improved:

- ✓ Health and well-being, flexibility, nutrition, self-confidence, information sourcing, change management, initiative, analytical thinking, planning and grace under pressure.

#### **Further integrated skills for learning in the Serious Business Game Training:**

- ✓ Organization, self-awareness, discipline, organization and work-life-balance.

# LARUS





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### Content overview:

Through three levels of training, Larus promotes effective learning by empowering users to practice the key skills needed to develop a healthy lifestyle:

- ✓ Activate your body and train on the three levels of physical activity.
- ✓ Eat a balanced diet.
- ✓ Recover with quality sleep and adequate time to rest.
- ✓ **Step by step**, using case studies and simulations, we will introduce you to methodical approaches that will help you implement a healthier lifestyle and promote your personal physical and mental well-being. Practice the conscious use of nutrition, physical activity and rest and benefit from the positive effects of a healthy lifestyle.

### Objectives | Why LARUS?

LARUS is aimed at all profiles in a company, especially those who want to adopt a healthy lifestyle to promote their own physical and mental well-being. This training is designed to help you cultivate a healthy body and mind as the basis for a self-determined and fulfilling life.

#### Thanks to this course:

- ✓ Learn what is important in a healthy lifestyle. Learn about key components of a healthy life.
- ✓ Discover the fundamentals of an active lifestyle.
- ✓ Learn the basic aspects of a balanced and healthy diet, which will give you strength and energy for your daily activities.
- ✓ Learn about the importance of restful sleep and ways to optimize it.



# LARUS

# Gamified Training for a healthy lifestyle

## - *The cornerstone for your physical and mental well-being* -

### Methodology

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The developed game-based learning method is a combination of **3 elements**:

- ✓ **High quality content** equivalent to a two-day on-site course, with a strong practical focus that is useful and directly applicable to the work
- ✓ The **use of gamification techniques** in terms of story telling, ranking motivation, scoring, different learning and game levels, and incentives through recognition and awards. This makes the training a motivating and exciting learning experience. This directly promotes the intrinsic motivation to learn on your and your employees' side.
- ✓ **Practical exercises** that allow you as a participant to practice directly in a safe and motivating environment and to implement the practical knowledge. You will **receive detailed feedback** in the form of individual learning loops.

### How do you make it work? What are the IT requirements?

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1. **The only thing you need** to use this business game training is an end device with internet access.
2. You can **access our performance-optimised business game platform** at any time, from anywhere in the world via your individual user profile or integrate the business game training into your LMS (Cornerstone, Moodle, SAP Success Factors, etc.).
3. You will receive regular reports on the progress of your participants and training groups. This allows you to always keep an overview and motivate your teams in a goal-oriented manner.

