

VISMA HEALTH CATALOG 2026

EVERYBODY HAS THE RIGHT TO LIVE
A HEALTHY LIFE

...ALSO AT WORK



We spend so many years working,
we should feel as good at work as at home



CLASSES

Being part of a class creates a sense of community and makes time fly. Explore all our classes under Events in the booking system



STRENGTH & PULS

Tuesday 16.30 – 17.15

Thursday 15.15 – 16.00

Join Erik and Ida at Visma House for a fun and effective workout! This class combines cardio and bodyweight strength exercises. We guarantee plenty of laughs and a good sweat. Everyone can join, no matter your fitness level



YOGA

Wednesday 7:30–8:30

Join Johanne at Visma for a fun and energizing yoga session! Gentle stretches, functional movements, and balance exercises make it perfect for office bodies. Everyone can join – no matter your experience!



SUND OG STÆRK 57+

Friday 8.00 – 8.30

Are you 57 or older and interested in a tailored training session? Join our Friday morning class with physiotherapist Lasse, specifically designed to meet your needs.

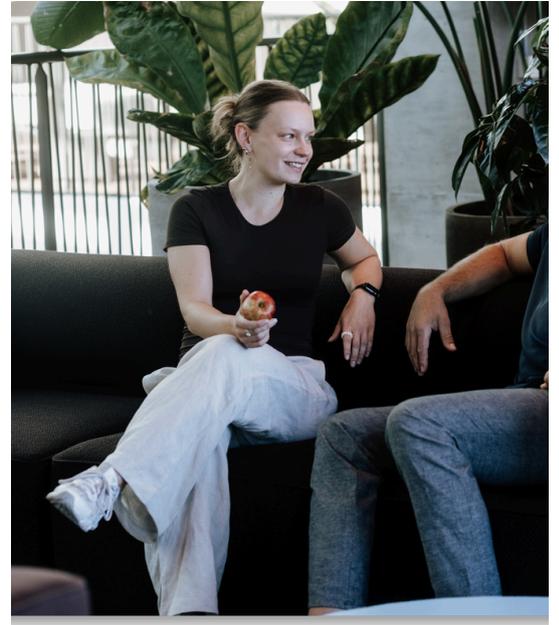
1:1 SERVICES

DIET COUNSELLING

Unsure about your health and nutrition?

We can help with:

- Weight loss
- Weight gain
- Digestive issues
- Lifestyle-related concerns



PERSONAL TRAINING

Kick off your journey and reach your goals:

- Start your training
- Find new inspiration
- Improve in your favorite sport

BODY ANALYSIS

Track your body and understand your health:

- Weight
- BMI
- Muscle mass
- Fat mass
- Body water
- Body age



1:1 SERVICES

COACHING

Enhance your wellbeing and thrive every day:

- Boost your energy
- Experience more joy
- Quiet your mind
- Master your thoughts
- Sleep better
- Grow personally



PHYSIOTHERAPY

Get expert care to stay active and healthy:

- Acute pain
- Challenges affecting your activity
- Physical examination and assessment
- Injury evaluation

PREGNANCY

Support your journey to motherhood with tailored guidance:

- Join our prepregnancy and pregnancy program with individual guidance in diet, physical activity or coaching.
- During pa-/maternity leave we offer pa-/maternity cafe with inspiring classes and get togethers.



DRY FLOAT

TAKE A BREAK AND GET NEW ENERGY, ENHANCED FOCUS AND REDUCED STRESS WITH DRY FLOAT.

400 KG OF SALT AND 200 L. OF WATER MAKES YOUR BODY WEIGHTLESS AND COMPLETELY RELAXED. YOU WON'T GET WET BECAUSE OF THE MEMBRANE BETWEEN YOU AND THE WATER.



- 55% LOWER STRESS
- 30% ENHANCED HEART RATE VARIABILITY
- 39% LOWER CORTISOL LEVELS
- 24% ENHANCED FOCUS

USE THE DRY FLOAT AS A 30 MINUTES BREAK A COUPLE OF TIMES A WEEK AND FEEL THE EFFECT.

FREE ACCESS:

E-ECONOMIC-DINERO-
ACUBIZ-PENNEO-LOGBUY

SELF-PAYMENT:

DATALØN-ENTERPRISE

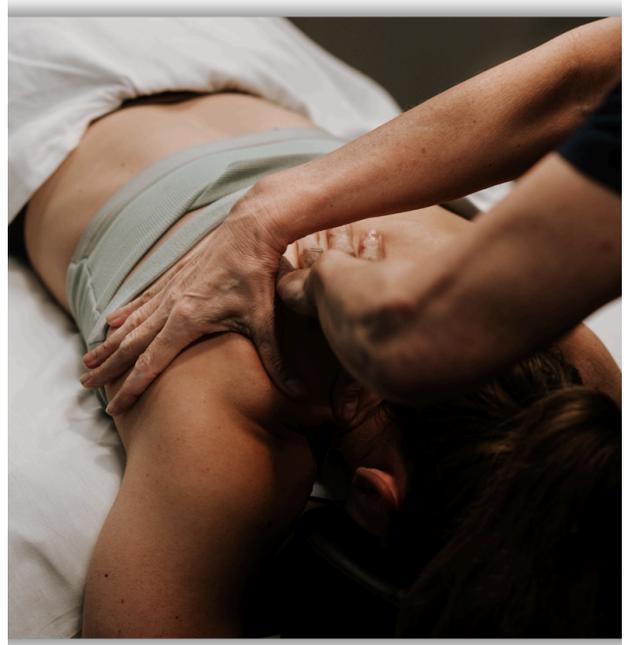
1:1 SERVICES MED EGENBETALING

MASSAGE

Choose from 3 experienced massage therapists and treat yourself:

- Physiotherapeutic massage
- Wellness massage
- Sports and pregnancy massage

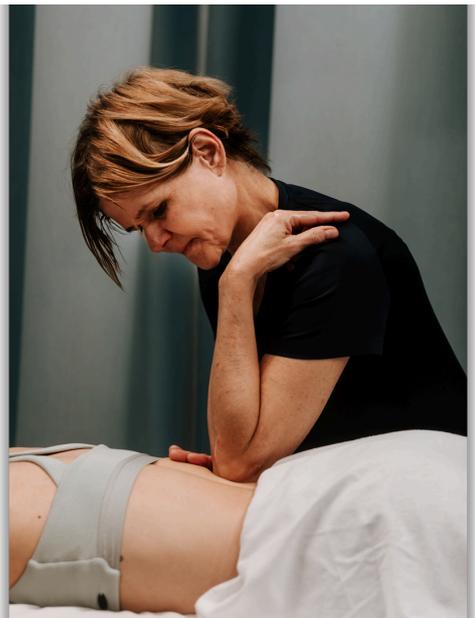
Different subsidy options are available depending on your employer.



KROPSTERAPI

Experience holistic body therapy that balances body and mind:

- Combines massage, pressure techniques, and breathing exercises with guided conversation
- Releases physical and emotional tension
- Promotes deeper balance and well-being



MATERNITY PROGRAM FOR YOU AND YOUR BABY

WELCOME TO A SAFE AND INSPIRING MATERNITY CAFÉ, WHERE YOU AND YOUR BABY CAN MEET OTHER VISMA COLLEAGUES ONCE A MONTH FROM 10 TO 12 IN EARTH.

YOU ARE WELCOME TO JOIN EVERY TIME OR SIMPLY WHENEVER IT SUITS YOU.

OUR FOCUS IS ON BOTH YOU AND YOUR BABY, WITH SPACE TO LEARN, SHARE EXPERIENCES, AND TAKE CARE OF YOUR BODY AND THE NEW LIFE AS PARENTS.

THE OFFER IS OPEN TO BOTH MOTHERS AND FATHERS AND YOU CAN BRING ANOTHER PERSON, E.G. THE OTHER PARENT.

THE FIRST HOUR INCLUDES A PRESENTATION, FOLLOWED BY SNACKS AND DRINKS.



FROM PARENTAL LEAVE TO EVERYDAY LIFE: FINDING YOUR RHYTHM - 22/1 + 17/6

MARIE AND EVA FROM E-ECONOMIC INVITES YOU TO REFLECT ON VALUES, PRIORITIES, AND PRACTICAL STRATEGIES FOR BUILDING A SUSTAINABLE DAILY LIFE WITH A BABY.

WELCOME TO THE WORLD - 28/1

KAREN WILL SHARE INSIGHTS ABOUT LIFE WITH A NEWBORN AND DEMONSTRATE SIMPLE SOOTHING TECHNIQUES AND GENTLE TOUCH TO CALM YOUR BABY AND HELP PREVENT TENSION AND STOMACH PAIN.

GETTING YOUR BODY BACK IN SHAPE - 23/2

LASSE WILL GUIDE YOU THROUGH EXERCISES THAT STRENGTHEN YOUR PELVIC FLOOR AND ABDOMINAL MUSCLES, HELPING YOUR BODY REGAIN BALANCE AFTER CHILDBIRTH.

YOGA WITH BABY & MOTOR SKILLS STIMULATION - 18/3

KAREN WILL GUIDE YOU AND YOUR BABY THROUGH GENTLE YOGA EXERCISES THAT RELIEVE STRESS AND SUPPORT MOTOR DEVELOPMENT - WHILE ALSO EASING TENSION IN THOSE SORE "MOM-MUSCLES."

POSTNATAL FITNESS - 24/4

TRAINING WITH LASSE, FOCUSING ON FUNCTIONAL STRENGTH AND EVERYDAY ENERGY. YOU'LL RECEIVE A HOME WORKOUT PROGRAM WITH TAILORED EXERCISES.

NUTRITION FOR YOU AND YOUR BABY - 27/5

CAMILLA WILL EXPLAIN HOW TO ENSURE HEALTHY, NOURISHING FOOD FOR BOTH YOU AND YOUR CHILD: WHAT YOUR BODY NEEDS DURING THIS SPECIAL TIME.

PREGNANCY

WHETHER YOU ARE PLANNING TO BECOME PREGNANT OR ARE ALREADY EXPECTING, THIS SERVICE IS FOR YOU.

WE SUPPORT YOU IN OPTIMIZING YOUR HEALTH—AND YOUR FAMILY'S—THROUGH PERSONALIZED GUIDANCE AND TAILORED TREATMENTS



OUR PROGRAM INCLUDES:

- INITIAL CONSULTATION TO DISCUSS YOUR SPECIFIC NEEDS
- PERSONALIZED PLANNING AND TREATMENT TAILORED TO YOU
- ONGOING EVALUATION AND OPTIMIZATION OF YOUR PLAN

AREAS WE COVER:

- NUTRITION
- TRAINING
- COACHING

ANNUAL EVENTS

2026

sign up



here

January - March

Body Analysis – On the Floors

Get Ready for DHL – Distribution of Running Programs

Running Style Analysis – Kaiser Sport, 19 March 2026

April - June

Vo2 max measuring – On the floors

Tour de France events with prices

Bodyanalysis – On the floors

July - October

HIIT for the summerholidays

Mental Health day/week – week 41

Cancer blomst i Green Space – week 43

November - December

Movember – Focus on mens health

Operation Julegaveregn – Event and collection