



Healthy living – with *Sundi*

Get started now – visit us at www.sundi.eu

Just imagine,

You could go for extended walks, enjoy your travels, play with your grandchildren without any worries, or delight in your favourite hobby without physical limitations – also for many years to come.



What is Sundi?

Your personal partner for a healthy lifestyle and greater quality of life. *Sundi* helps you to improve your health for the long term so that you can enjoy your life packed with energy.

Sundi is a **free-of-charge** and **ad-free online service** which can be adapted precisely to suit your personal needs. It provides simple and practical tips for incorporating healthy habits effortlessly into your everyday routine.



It includes:

- **Easy-to-understand texts** on key health topics
- **Interactive content** which makes preventive healthcare easy to understand
- **Practical tips** for a sustainable and healthy way of life
- **“Ask Sundi”** – a virtual health assistant which can answer your questions in 80 languages
- The option of defining, following and **achieving personal health goals**

What to expect:

With *Sundi*, a healthy lifestyle becomes easy and suitable for everyday use. The content is easy to understand, reviewed by scientific experts, and tailored to suit your stage of life.

Topics to expect:



Sleep better:

Restful nights for more energy



In balance:

Modify your old habits and establish new ones



More exercise:

No need to join expensive programmes – move at your own pace



Eat well:

Healthy nutrition made easy



Current topics:

Trends, scientific findings and inspiration for a healthy life



Less stress:

Simple techniques to help you relax in everyday life

Your advantages:

- **Achieve your health goals:** Sundi will help you find your personal goals and follow them, step by step.
- **Knowledge to help you:** Easy-to-understand and scientifically reviewed content relating to health and a healthy lifestyle that you can implement without difficulty.
- **Feel good every day:** Tips to enrich your life – free of charge, no ads and tailored to suit you.

Sundi

Sundi is an **initiative** by two well-known health institutions: the **Bosch Health Campus** in Stuttgart and **Charité – Universitätsmedizin** in Berlin.

Here, experts work together to provide reliable and easy-to-understand information about a healthy lifestyle. All content is based on current scientific knowledge – **comprehensible independent** and **trustworthy**.



*Find out more and join us now –
at www.sundi.eu!*

An initiative by:



**Bosch Health
Campus**

