

Press release

Health Week at SPANGLER: Focusing on Well-Being and Prevention

Töging, March 10, 2026 – From March 9 to 12, the health of employees is the focus at SPANGLER GmbH: As part of a Health Week, the company is offering a wide range of activities centered on physical activity, nutrition, stress management, and mental well-being. The initiative is organized in cooperation with the health insurance providers AOK and Audi BKK, as well as catering partner Hofmann, who is offering a healthy tasting menu.

“Our health is our most valuable asset – and healthy, motivated employees are the foundation of our shared success,” emphasizes Managing Director Tina Lambert. The aim of the Health Week is to provide inspiration for a healthier everyday life and to strengthen awareness of personal well-being.

The program includes a wide range of activities and information sessions. These include mobility analyses using the Mobee® Fit measurement system, back exercises with the resistance band, stress measurements to analyze heart rate variability, and a medical body analysis to determine body and visceral fat.

The focus is particularly on hands-on workshops and short training sessions. Each day is dedicated to a different health topic – from movement and back exercises to a cooking workshop and training on healthy sleep. In addition, partners provide information on various health topics, and an exhibition on the immune system is also on display. For moments of relaxation, a VR headset allows participants to immerse themselves in a virtual world for a few minutes. The Challenge Disc also provides extra movement and a dose of friendly competition, bringing fun and motivation to many employees.

With the Health Week, SPANGLER Automation aims not only to inform but above all to encourage employees to actively take care of their own health. At the same time, the initiative marks the company’s entry into a structured corporate health management program. SPANGLER is currently working on establishing a strategic and long-term occupational health management system designed to sustainably strengthen the health and well-being of its employees. The goal is to systematically integrate health topics into the company – from prevention and physical activity to mental health.

Health promotion has long been a high priority at SPANGLER. In addition to regular health initiatives, the company provides height-adjustable desks for all employees, an active lunch break program, a consciously healthy cafeteria offering, a company bike program, and supplementary company health insurance. With the introduction of structured corporate health management, these measures will be further consolidated and expanded in the future – with the goal of sustainably promoting employees’ health, motivation, and performance.



Working ergonomically: AOK experts demonstrate how to optimally adjust the workplace.



Healthy nutrition to try: Catering partner Hofmanns presents selected dishes during Health Week.

Image source: Franziska Buchberger-Prennig, Spangler GmbH

SPANGLER Automation – Automation Solutions for Machinery and Industrial Plants

SPANGLER Automation is a family-owned, medium-sized company based in Töging, Altmühltal, Bavaria. For 45 years, SPANGLER has been developing future-proof automation solutions for machinery and industrial plants – serving customers in Germany and around the world.

Its clients include successful industrial companies, innovative machine manufacturers, and municipal operators who rely on dependable technology and long-term operational reliability. SPANGLER delivers customized control and process control systems precisely tailored to each individual machine or plant – from standalone systems to complex overall installations. Around 160 employees combine modern technologies with many years of industry expertise, ensuring safe, efficient, and cost-effective operations.

Core industries include environmental technology, renewable energy, the food and pharmaceutical industries, automotive, as well as the agricultural and raw materials industries.

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