

At VINCI Energies, the culture of safety has been extended to healthcare, because health is safety!

The event has already positively influenced the lives of the company's collaborators; in addition to its visible integration in the work environment, some have stated that they have changed their healthcare habits.



The Seasons Circuit Run took place on Sunday, September 1st to mark the arrival of springtime. As well as in Belo Horizonte, VINCI Energies collaborators from São Paulo, Rio de Janeiro and Salvador also participated in the circuit. The company is supporting and sponsoring the initiative together with its collaborators in Brazil, the intention being to promote integration through sports.

During the run, participants release endorphins, a hormone that has been linked to pleasure, which directly influences their mood. Also with this effect in mind, the group is incentivized to promote this run among collaborators, as well as to value healthcare, which is of vital importance for the company, by supporting sports activities and improving the quality of life. Kevin Oliveira spoke of the principle of safety, which is key for VINCI Energies: "The culture of safety has been extended to healthcare, because health is safety"

The event has already positively influenced the lives of the company's collaborators; in addition to its visible integration in the work environment, some have stated that they have changed their healthcare habits. Cintia Castro and Diego Pereira were already involved in physical activities, and with the company's encouragement, they have made it more frequent. They feel a great improvement in their physical form and motivation, and they are already planning ahead to the next runs. Aline Alves did not do any sports, but thanks to the encouragement from colleagues, she started to feel motivated, and she is already preparing for the upcoming street runs.

This encouragement between collaborators is noticeable. Eight collaborators from controllership have created a jogging group and encourage each other to overcome their goals. Bruna Silva and Virginia Vieira explain that the "Controllership Team" was planning on signing up for 5km, but that they then all changed to 10 km by way of a challenge. "After signing up for the 10km, we started to train twice week – all eight of us trained to make it through the run", Virginia explained. Bruna added "we run together and then exchange thoughts the following day. It is no longer just about the seasons run, we plan to continue jogging."

From among the eight collaborators in Brazil who have signed up for the full 21km is Breno Paulo, who started jogging at fourteen and has never stopped. He completed his first half marathon at fifteen, and his first full marathon at twenty-one. According to Breno, this corporate initiative encourages people who jog to continue doing so while

[← Prev](#)

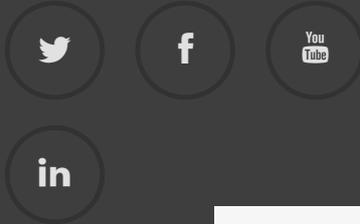
[Back to the list](#)

[Next →](#)

USEFUL LINKS

- [VINCI](#)
- [VINCI Foundation](#)
- [The City Factory](#)
- [VINCI](#)
- [The Agility Effect](#)

FOLLOW US



[Configure cookies](#)