

## PRESS RELEASE

Budapest, 29 April 2011

### **Erste Leasing health program concluded**

lifestyle program to offer health education and change in approach financed by HUF 10 million TÁMOP subsidy

**Budapest, 29 April 2011 - Erste Leasing Autófinanszírozási Zrt. [Erste Leasing Auto Financing Co. Ltd.] has successfully implemented its health education program using an almost HUF 10 million subsidy secured in the TÁMOP program [Social Renewal Operative Program]. Financed by the European Union and co-financed by the European Social Fund, the program has been designed to preserve and improve the health of employees that work in the organisation.**

István Megyeri, President and CEO of the company, says Erste Leasing has successfully implemented the 12-month program aimed at preserving and improving the health of the company's employees. Top priority was attributed to dampening negative impacts of stress related to work and performance expectations, a lifestyle lacking physical exercise, and unhealthy diet. As part of the program, nearly one-third of the company's employees participated in approach-changing lifestyle programs, and, seeing the success and beneficial effects of the program, the management wants to make this kind of employee improvement sustainable in the longer term by similar grants in the future.

Implementation of the program involved the experts of CoVa (Corporate Values) Szervezetfejlesztési és Vezetési Tanácsadó Kft. [CoVa (Corporate Values) Organisation Development and Management Consulting LLC]. The specialists designed a complex program that consisted of more than 20 components, resulting in a distinct improvement in the physical and mental state of employees involved—who made a large step forward to become balanced and harmonic personalities as a result—and thus promoting the formation of excellent work atmosphere and improvement of organisational efficiency.

István Megyeri underlines the program was built on three major components. Enhancement of health-consciousness through healthy diet and energy balance; programs to protect mental health and R&R activities to promote physical exercises.

The most popular programs among employees were autogenic training, massage to the back, shoulders and neck, as well as work- and sport-psychology appraisals, but outstanding interest was recorded for yoga classes and stress management courses as well as to various lectures focusing on healthy lifestyle.

#### Further information:

**Ms. Katalin Bánhegyi** – Communication Specialist  
**Erste Bank Hungary Nyrt.**  
1138 Budapest, Népfürdő u. 24-26.  
Phone: (06 1) 268 4375 Mobile: (+36) 30 529 9529  
Fax: (06 1) 373 2705  
E-mail: [katalin.banhegyi@erstebank.hu](mailto:katalin.banhegyi@erstebank.hu)

**Ms. Emese Danks** –Director of Communication  
**Erste Bank Hungary Nyrt.**  
1138 Budapest, Népfürdő u. 24-26.  
Phone: (06 1) 268 4347 Mobile: (+36) 30 499 6358  
Fax: (06 1) 373 2705  
E-mail: [emese.danks@erstebank.hu](mailto:emese.danks@erstebank.hu)