**Personal characteristics: Worker-related, health-related.**

**Lifestyle**
- Physical activity
- Diet
- Relaxation
- Smoking
- Alcohol intake

**Vital@Work intervention**

**Vitality**

**Mental factors**
- Mental Health
  - Absence of mental disorders (depression, anxiety, stress)
- Well-being
- Perseverance if difficulties occurs
- Mental resilience
- Subjective experience feelings of fatigue

**Physical factors**
- Health-related fitness
  - Morphological (BMI, body fat)
  - Muscular Strength
  - Cardiorespiratory (VO$_2$-max)
- Physical Health
  - Absence of chronic diseases that interfere with daily life activities
  - Subjective experience of energy (vigor)

**Health**

**Age**

**Work-related**
- Sick leave
- Productivity

**Early retirement**