

FUN

ENGAGING

SOCIAL

FITS ALL



TAPPA  **TRAMPET**

Join this fall's most motivating activity campaign

AROUND the NORDICS

Challenge period: September 22 – October 26

Are you ready to go around the Nordics? For 5 weeks we go from Helsingki to Reykjavik with stops in Helsinki, Stockholm, Copenhagen and Oslo. Together you focus on teambuilding and an active everyday life. Challenge, motivate and help each other to reach the goal. All it takes is 10,000 steps a day and all activities count!

**Gather your colleagues and get ready for this fall's
most fun activity campaign!**

