

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!!

TEAMWORK

Each participant creates their own profile. Once you have created a profile, you can create teams, we recommend 2-8 members. Are you more than 8 people? Create more teams! Together you work to reach the goal in time.

HOW TO REGISTER YOUR ACTIVITY

The goal is to reach an activity level of 10,000 steps a day and all activities counts! You can easily register all activity directly in the app and on the web.

- **The Tappa app** - Steps and everyday activities are automatically registered by the app. You can download the app in the App Store or Google Play. All activity associated with Apple Health and Google Fitness is automatically transferred to Tappa's app.
- **Activity table** - If you perform other activities, these can easily be registered in the activity table through the app or tappa.se. Example: 30 min cycling provides 3,900 steps.
- **Fitbit, Polar or Garmin** - Connect your wearables to your personal Tappa-profile and have your steps automatically transferred.

LET'S GET STARTED!



1. Download the Tappa app
2. Register a profile or log in with your existing username.
3. Type in the start code:

To use the webpage, go to: www.tappa.se/reg

Questions? Contact info@tappa.se

DOWNLOAD THE APP!

App Store



Google Play



FOLLOW THE PROGRESS

Follow your and the team's success from Helsinki to Reykjavik in our virtual map with exciting stops along the way. By registering all your activity, you get closer to the goal. Follow each other in top lists, challenge people, teams and workplaces from all over Sweden.

TAPPA-CHALLENGES

In addition to registering all your physical activity, you can get extra steps by accepting different challenges. The challenges motivate a sustainable everyday life with a focus on movement and the social aspect. Use your stand table or take a lunch walk and be rewarded with steps. The challenges will focus on the small changes in the everyday life that will give big health benefits.