



SEB's Wellness Challenge

Take steps toward a sustainable work-life

Challenge period: 15 April – 14 May 2026

SEB's new Wellness challenge combines everyday movement with an inspiring theme where every step brings us closer to new milestones – both together and as individuals. By participating, we not only strengthen our physical health but also the sense of community across teams, offices, and countries. The Wellness challenge is a fun and engaging way to create energy in our daily lives while maintaining health and sustainable performance. Small steps every day can take us a very long way.



Read more and sign up at:
www.tappa.se/seb

Keep track of your and your team's progress

By registering your activity and completing missions, you will make progress in an illustration that shows activities that your efforts correspond to. Can you cover a segment of the Tour de France, climb Kebnekaise, or walk a marathon?

The goal and benefits of the challenge

Join the challenge and experience a positive improvement in your health and well-being! Together we build strong relationships, increase enjoyment at work, and enhance collaboration—leading to more energy and greater productivity. We are creating a sustainable work-life!