

JOIN THIS WINTERS MOST MOTIVATING ACTIVITY CAMPAIGN

Around Sweden

CHALLENGE PERIOD: FEBRUARY 9TH - MARCH 15TH



Gather your colleagues and get ready for the most motivating activity campaign of the winter.

For 5 weeks, you register all your activity and virtually “walk” around Sweden. We will start in Luleå and make our way down towards Malmö in the south and then make our way north again and finish in Hemavan. Together, we will focus on an active everyday life in a fun, simple and motivating way. The goal is to maintain a step average of 10,000 steps over the entire competition period.

THE PURPOSE OF THE CAMPAIGN

Get in shape and have fun together! Small changes in everyday life can provide great health benefits. Everything from taking the stairs instead of the elevator, to a workout in the evening.

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.

FOLLOW THE PROGRESS

Follow your and the team's success around Sweden 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.

HOW TO GET STARTED!



1. Download the Dytt 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

