

FUN

ENGAGING

SOCIAL

FITS ALL



JOIN THIS WINTER'S MOST MOTIVATING ACTIVITY CAMPAIGN

# Around Sweden

CHALLENGE PERIOD: FEBRUARY 9<sup>TH</sup> - MARCH 15<sup>TH</sup>



**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.

