## JOIN THIS FALL'S MOST MOTIVATING ACTIVITY CAMPAIGN



## CAMPAIGN PERIOD: SEPTEMBER 21 - OCTOBER 25

Together, teams and workplaces from all over the country will go from Los Angeles to New York. In the virtual map, you will see your progress with every step that is registered and get fun information about the cities we pass.

A little more activity in everyday life can bring great health benefits for both mental and physical health. With Tappa challenges, an app to track steps and activity, as well as full support throughout the campaign, we motivate each other to an active fall.

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





Read more and sign up before September 20 on: www.tappa.se/trampet