

# OFFICEFIT

## ACTIVITY OVERVIEW 2024

January	February	March
<p><b>Movement at work.</b></p> <ul style="list-style-type: none"> <li>• Squat Challenge</li> <li>• OfficeFit Triathlon</li> </ul>	<p><b>Neck and shoulder.</b></p> <ul style="list-style-type: none"> <li>• Inter-company Challenge</li> <li>• 5 Exercises for the Neck</li> </ul>	<p><b>Community in the workplace.</b></p>
April	May	June
<p><b>Good health in your work life.</b></p> <ul style="list-style-type: none"> <li>• Wall sit challenge</li> </ul>	<p><b>Strong back.</b></p> <ul style="list-style-type: none"> <li>• Inter-company Challenge</li> <li>• 5 Exercises for the back</li> </ul>	<p><b>Habits and behavior.</b></p> <ul style="list-style-type: none"> <li>• 5 tips for changing a habit.</li> <li>• Planke challenge</li> </ul>
July	August	September
<p><b>Elastic band exercises.</b></p> <ul style="list-style-type: none"> <li>• 5 good ones with elastic.</li> </ul>	<p><b>Arm and wrist.</b></p> <ul style="list-style-type: none"> <li>• 5 good ones for the arm and wrist.</li> </ul>	<p><b>Challenge your balance.</b></p> <ul style="list-style-type: none"> <li>• Inter-company Challenge</li> <li>• Lunges Challenge</li> </ul>
October	November	December
<p><b>Sitting vs. active.</b></p>	<p><b>Knees and hips.</b></p> <ul style="list-style-type: none"> <li>• Inter-company Challenge</li> <li>• 5 Good Ones for Knees and Hips</li> <li>• 10-20-30 Challenge</li> </ul>	<p><b>Christmas.</b></p> <ul style="list-style-type: none"> <li>• Active december</li> </ul>