



RACE ACROSS GERMANY

Udfordringen starter nu og hele august.
Alt tæller - både gå, stå og cykel.

Konkurrence

Som en del af OfficeFit konkurrence, become a game changer, hvor det handler om at registrere mest i appen i august måned, skal vi tværs over Tyskland!

Der er 2 ståmætter fra Matting på højkant, så det er med at få registreret alt aktivitet

Regler

Det er aktive timer der tæller, ikke kilometer, så du deltager lige så meget i konkurrencen, hvis du registrer din stå tid, som når du cykler.



Gå ind i OfficeFit app'en
eller på www.app.officefit.dk



Registrer din aktivitet
under "min aktivitet"



Scroll ned ved "tilknyt
udfordring" og vælg udfordringen
"Race across Germany"

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The challenge starts now and runs throughout August. Everything counts - walking, standing, and cycling.

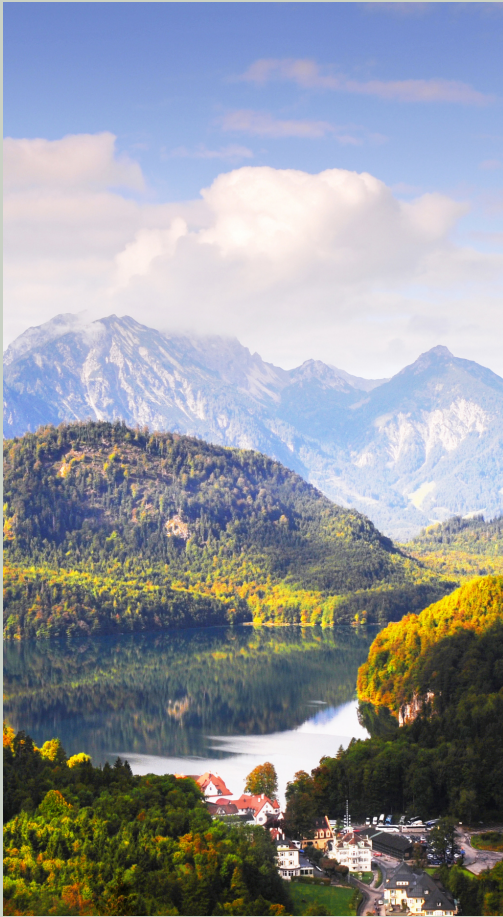
Competition

As part of the OfficeFit competition, "Become a Game Changer," which is all about registering the most activity in the app during the month of August, we have a challenge to cross Germany!

There are 2 standing mats from Matting up for grabs, so make sure to record all your activities.

Rules

Active hours count, not kilometers, so you participate just as much in the competition if you record your standing time as when you cycle.



Go into the OfficeFit app or
online: www.app.officefit.dk



Register your activity
under "My Activity"



Scroll down to "Join Challenge"
and select the challenge: "Race
across Germany"