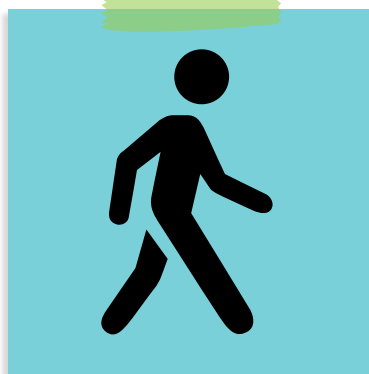


JANUARY



Movement at Work

Everyday
Movement **MAKES**
a Difference



**We are going to complete the OfficeFit triathlon in January.
Can you reach the finish line before _____,
Where we will walk _____ km, stand _____ km, and cycle _____ .**

You will receive an email at the start of the challenge and when the first team finishes, but the challenge continues until the end date.

- All registration for the challenge takes place in the OfficeFit app.
- You can find the challenge under 'My Activity'.

Regler

Everything counts while we're at work.

- Steps recorded on the phone and watch count by the formula: 1500 steps = 1 km.
- Every hour stood is registered in the app and also counts.
- Biking and treadmill count based on the kilometers displayed.



Access the OfficeFit app or visit
www.app.officefit.dk.



Record your activity
under 'My Activity'



oversættes til engelsk som "Scroll
down to 'Join Challenge' and
select the current challenge.