

# LIGHT UP CHRISTMAS IN MAJOR DANISH CITIES.

Challenge details are in the OfficeFit app under "My Activity."  
Look out for an email at the challenge start and when we finishes.



## Rules

All activity during work hours counts - walking, standing, and cycling.

Steps recorded with a step counter can be converted using the formula  $1500 \text{ steps} = 1 \text{ km}$ .



Access the OfficeFit app or visit [www.app.officefit.dk](http://www.app.officefit.dk).



Record your activity under 'My Activity'



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