



*We are part of it!*

## What's it about?



01

### Physically & mentally fitter in 50 days!

We pay conscious attention to our health and are supported by experts and sports legends for 50 days.



02

### Collect minutes and win!

We collect exercise minutes together as a team with our mobile phones and compete against other companies from Austria.



03

### No matter how - every minute counts!

Whether cycling, walking or gardening - every minute counts, no one is excluded by predetermined sports.



04

### Videos, podcasts and much more!

During the Firmenchallenge Österreich, a large selection of health content with experts and sports legends is available to you.



05

### We are planting trees!

Exercise should be rewarded - that's why a tree is planted for every 1000 minutes of exercise - over 14,000 trees since 2022!



06

### The Firmenchallenge starts on October 1st!

Then, for 50 days, the motto is: EVERY MINUTE COUNTS. However, it is much more important that we look after our health together as a team!

## Firmenchallenge Österreich

1st October until 19th November