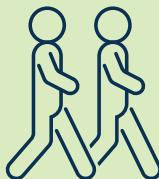


TÆL SKRIDT

# BINGO

GET MORE STEPS INTO YOUR EVERYDAY LIFE

Take the stairs or do a 20-second sprint. 	Take a short walk around your workplace before work. 	Go outside for 5 minutes. 
Invite a colleague to join you for a walk. 	Park a little further away. 	Take a short walk around your workplace before you go home. 
Take a selfie on your walk. 	Go for a walk during your lunch break. 	Go for a 1,000-step walk. 

Once you have completed your bingo card, you can exchange it for a small prize.

You can get the prize from: