

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.



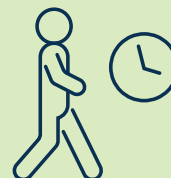
Invite a colleague to join
you for a walk.



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: