



GATHER YOUR COLLEAGUES AND JOIN!

WE'RE COUNTING STEPS!

WE COUNT STEPS FOUR TIMES A YEAR!

Count along in 2026

Four times a year, we focus on counting steps and strengthening the sense of community among colleagues.

→ 19 January – 1 February 2026

→ 20 April – 3 May 2026

→ 31 August – 13 September 2026

→ 9 November – 22 November 2026

Tæl Skridt is all about bringing more movement, social connection, and fun competition into everyday life.

Dust off your shoes and join ...

Compete with and against your colleagues – and against thousands of step counters across Denmark for great prizes!

Use your phone, your activity watch, or a pedometer, which can be purchased at the pharmacy or at www.taelskridt.dk, to keep track of your steps.

All your steps count! For every 10,000 steps you walk, you earn 1 ticket for your team.



→ Sign up your team

Count along in 2026

The more Count Steps campaigns you take part in throughout the year, the cheaper it becomes to join! Join all four campaigns this year for 200 DKK per person.

First campaign you participate in = 100 DKK

Second campaign you participate in = 75 DKK

Third campaign you participate in = 25 DKK

Fourth campaign you participate in = Free

All prices include VAT.