



Walk your Way

It's time to make your daily life more active

Step Challenge: 16.10. - 29.10.

Welcome to the golden autumn steps challenge! We're using this colorful time of year to kick it up a notch. Take the challenge and walk, stroll or run 10k steps a day to reach your personal milestones. The easiest way is to take a hike that takes you through the beautiful fall landscape! Get started now and take advantage of this beautiful season to get active and boost your health.

