



Walk into the new year

7 days, 10.000 steps per day

Step Challenge: 08.01. - 14.01.

Start your New Year on a positive note with our 7-day Mindful Movement Challenge, running from January 8th to January 14th. Embrace the joy of daily movement by aiming for 10,000 steps through walks, runs, or hikes. Beyond the physical benefits, immerse yourself in the mental health perks of regular activity. Let's kick off the year with enthusiasm, setting the stage for a healthy and happy 2024!

