

# Firmenchallenge

# MAIL TEMPLATES

## 01

### First communication

Dear colleagues,

From 1st of October until 19th of November, we will be participating together as a company in the Firmenchallenge Österreich! This is a digital competition in which we record how much we move as a company. With the minutes we collect, we compete against other companies and want to show the whole of Austria that we are the most active company in the country!

**(For CLASSIC & PREMIUM):** In addition to the competition, there is also a comprehensive accompanying programme on a wide range of health topics. Experts in the fields of exercise, nutrition and mental fitness, as well as Austrian sports legends will be sharing their knowledge with us!

To be successful, we need as many participants as possible! So register now via this link and join us as we focus on our health together for 50 days: **LINK**.

## 02

### Countdown 1

Dear colleagues,

in ... weeks/days the Firmenchallenge Österreich will start on 1st of October. This year we are taking part in it and of course want to win in our category!

It is important that as many people as possible take part and register with our company via this link: **LINK**.

**(For CLASSIC & PREMIUM):** We can expect a great offer in the Firmenchallenge that goes far beyond tracking our exercise minutes. We will also be joined by experts and sports legends who will share their knowledge with us for 50 days to help us adopt a healthier lifestyle. In addition, we can compete against other companies and show everyone that we are the fittest company in the country!

So let's go, sign up now!



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03

## Countdown 2

Only one week to go until the start of the Firmenchallenge Österreich! Many of you have already registered, but we need every single person to be victorious against the other companies this year.

**(For CLASSIC & PREMIUM):** Services worth € 1,500 per person are included in our package – so make the most of it and benefit from the knowledge of numerous experts and sports legends!

Anyone who has not yet joined our company can do so by clicking on this link: **LINK**.

04

## Start of the Firmenchallenge

Dear colleagues,

Today is the day, the Firmenchallenge Österreich starts and we are in the midst of it, not just part of it! So from today it's all about it! Do you walk or cycle to work or do e.g. some strenuous gardening? Then record your minutes of physical activity in our company account and do your bit to make us the most active company in the country this year!

Please find attached the manual for the STRAIDE app, which is used in the Firmenchallenge Österreich. Here you can read, for example, how you can collect minutes with your sports watch!

**(For CLASSIC & PREMIUM):** In addition to collecting exercise minutes, there are many other highlights waiting for you during the Firmenchallenge:

- Workshops with experts
- Talks with sports legends
- Free training opportunities (worth € 500 per person)
- A large selection of on-demand content

In total, you have access to offers with a value of € 1,500 are available to you – take the opportunity and as much of it as possible!

