

Firmenchallenge

TEXT BLOCKS

This year we are taking part in the Firmenchallenge and want to show the whole of Austria that we are the most active company in the country!

What's it all about?

From 1st of October onwards, we will collect minutes of physical activity together as a company and compete against numerous other Austrian companies for 50 days (until 19 November). The three most active companies in each category can win great prizes for the whole company.

What is counted?

For 50 days, we collect minutes of physical activity rather than steps or kilometres. This means that all physical activity counts and no-one is excluded due to excessive sporting challenges.

How does it work?

The app is used to record the minutes of physical activity during the Firmenchallenge. Tracking can be done in different ways so that nobody is excluded:

1. Live tracking via the app (works like Adidas Running, for example)
2. Tracking via sports watches (Polar, Gamin, etc.)
3. Manual input of the movement units

How do I personally benefit from the Firmenchallenge?

You look after your health and have fun with your colleagues at the same time. Everyone in our team makes a valuable contribution so that we end up at the top of the podium. During the 50 days, there will also be numerous videos, podcasts and tips and tricks from numerous experts on the topics of exercise, nutrition and mental fitness. (included in the packages CLASSIC and PREMIUM)

Environmental protection

During the Firmenchallenge, we not only pay attention to our health, but also to environmental protection. Less traveling by car and more regional food already have a positive effect on our CO2 footprint, but we can do even more! For every thousandth minute of exercise, a tree is planted – so the more we move as a company, the greater our contribution. All those who collect at least 1,000 minutes during the Firmenchallenge will also receive their personal certificate for the trees they have contributed.

What do I need to take part in the Firmenchallenge?

You need just one thing to take part in the Firmenchallenge: a mobile phone to collect your minutes of physical activity.



Firmenchallenge

TEXT BLOCKS

Can I also take part anonymously?

If you want to take part in the Firmenchallenge but don't want to appear publicly, that's no problem. You have the option of entering any user name in the app so that nobody can identify you in the ranking.

Why 50 days?

According to scientific findings, behavioural changes that are practised over a period of 50 days are more likely to be maintained. You therefore have the opportunity to change your habits for the better in the long term.