

Firmenchallenge

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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 company challenge. 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

The app was developed by Sportordination Wien – Austria's largest sports medicine and sports science institute. The great thing and the added value for everyone involved: many years of experience with the needs of clients have gone into the new Sportordination app. In addition, the founders of Sportordination, Dr Robert Fritz and Michael Koller, not only support the participants digitally with the app during the company challenge, but also actively support them with their team's expertise and special health checks in the usual analogue way.

How do I personally benefit from the company challenge?

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.



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Environmental protection

During the Firmenchallenge, we not only pay attention to our health, but also to environmental protection. Less travelling 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.

What do I need to take part in the company challenge?

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

Can I also take part anonymously?

If you want to take part in the company challenge but don't want to appear in public, that's no problem. You have the option of anonymising your profile in the app.

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.

What does the programme look like during the company challenge?

From Monday to Friday from 1st of October to 19th of November, two short sessions will take place every day:

- Mental Break (duration: 15 minutes): Short sessions on mental fitness with exciting information and tricks for a balanced everyday life.
- Sports Break: (duration: 15 minutes): Short relaxation units at lunchtime to start the second half of the day full of energy.

In addition to content that can be accessed at any time, there are live sessions several times a week in the form of presentations or Q&As with the sports legends and experts from the company challenge.

