



We are part of it!

What's it about?



01

Physically & mentally fitter in 50 days!

We pay conscious attention to our health and are supported by experts and sports legends for 50 days.



02

Collect minutes and win!

We collect exercise minutes together as a team with our mobile phones and compete against other companies from Austria.



03

No matter how - every minute counts!

Whether cycling, walking or gardening - every minute counts, no one is excluded by predetermined sports.



04

Get healthy - and do it sustainably!

50 days was not chosen at random. According to science, you can train yourself to develop healthy habits in this period!



05

We are planting trees!

Exercise should be rewarded - that's why a tree is planted for every 1000 minutes of exercise - over 14,000 trees since 2022!



06

The Firmenchallenge starts on October 1st!

Then, for 50 days, the motto is: EVERY MINUTE COUNTS. However, it is much more important that we look after our health together as a team!

Firmenchallenge Österreich

1st October until 19th November