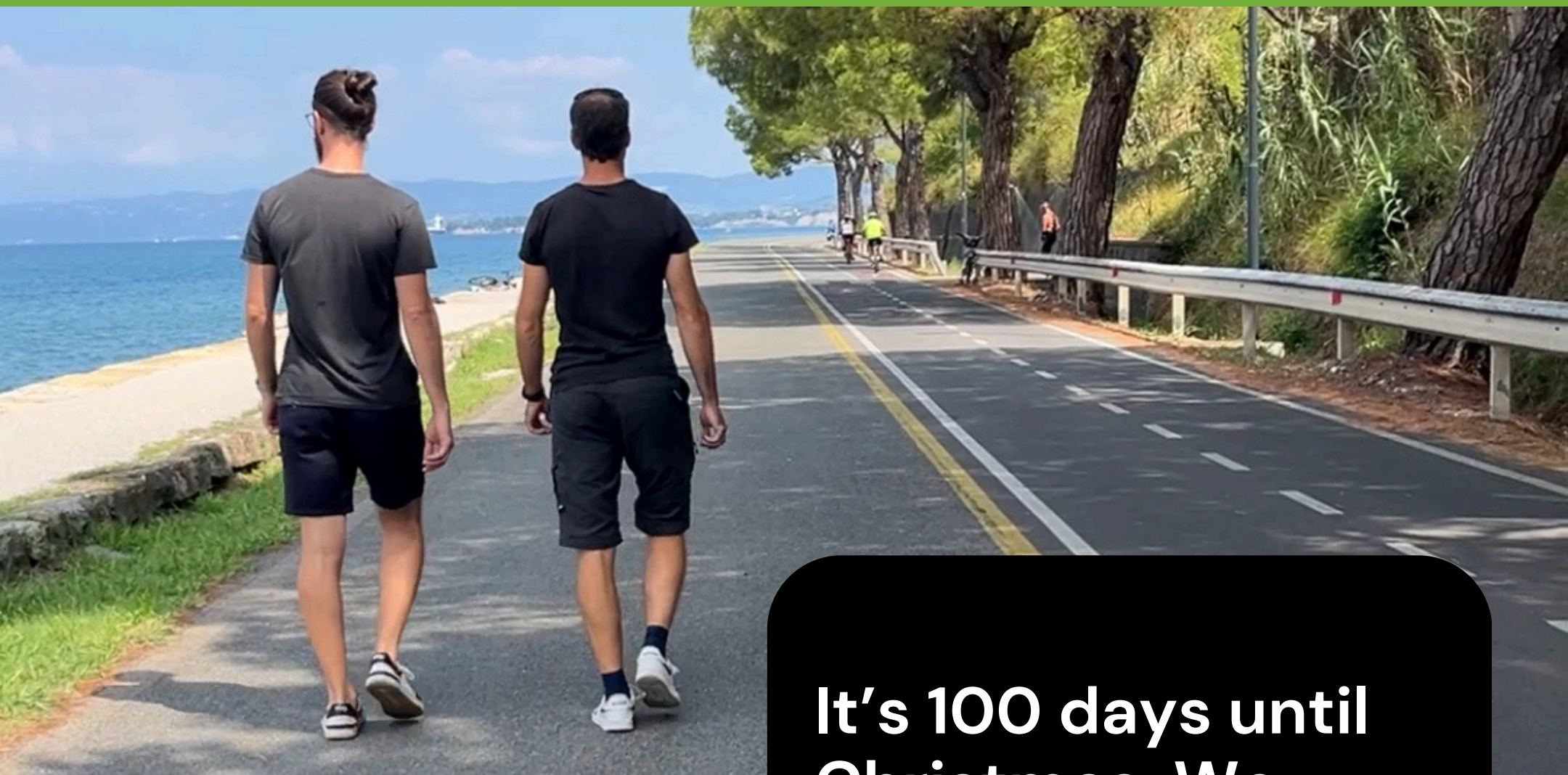


WALKING CHALLENGE:

T4EU
CAMPUS
LIFE

1.000.000 STEPS UNTIL CHRISTMAS



16. SEP –
25. DEC

It's 100 days until
Christmas. We
challenge you to do
10.000 steps every
day!

Walking is a very simple way to boost your physical and mental health.

We invite you to join us in the walking challenge. Our goal is for each individual to accumulate one million steps in 100 days, from 16 September to 25 December 2025.

That is just the recommended 10,000 steps per day! You can do it!

So join us in the StepUp app (it's free, so no excuses), where you can track your progress and the progress of your friends, family, co-workers and everyone participating in the challenge.

**T4EU
CAMPUS
LIFE**

[LINK TO JOIN](#)

JOIN US IN STEPUP APP

**to stay motivated
and compete with
others**

**You can use any
device to track
your steps and
sync it with the
app.**

**TOGETHER
WE CAN
DO IT!**