

WELCOME!



IKEA FIGHTS CANCER 2021

Agenda

Welcome and congratulations

IKEA fights cancer

IKEA fights cancer during a pandemic

Inspiration

How do I get prepared?

Practicalities

Questions

Congratulations!

You are now registered to...

IKEA Fights Cancer 2021



Aktivitetshuset



The project team

Mats

Ulf

Sara

Marie

Mattias

Support from IKEA

IKEA lets us work with this fantastic project.

IKEA pay most of our registration fee in start group 10.

IKEA provide a tent for IKEA Fights Cancer base camp.

IKEA makes sure that everyone participating gets a t-shirt.

IKEA donates **200 SEK** to Berta Kamprad's Cancer Foundation for each IKEA co-worker crossing the finish line.



IKEA Fights Cancer

A common goal for IKEA co-workers that will support improvement of the health.

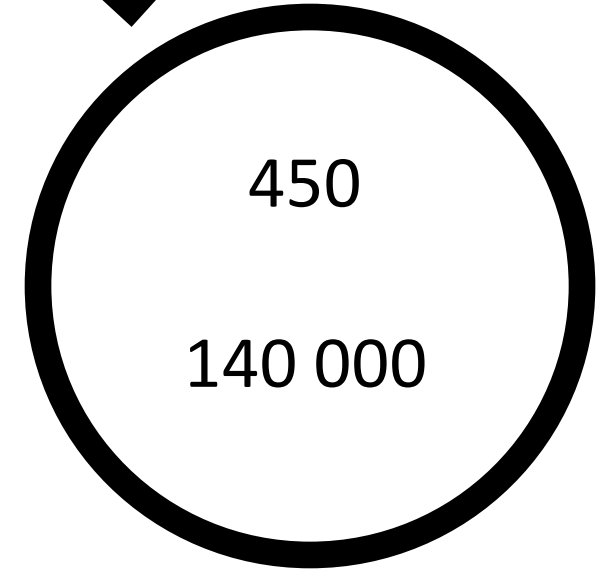
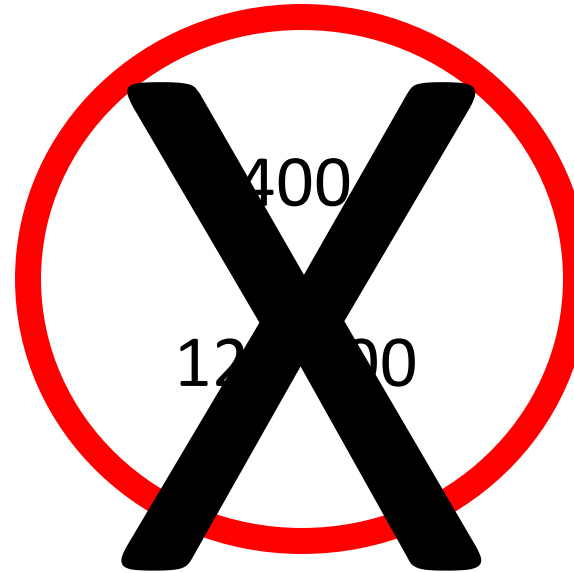
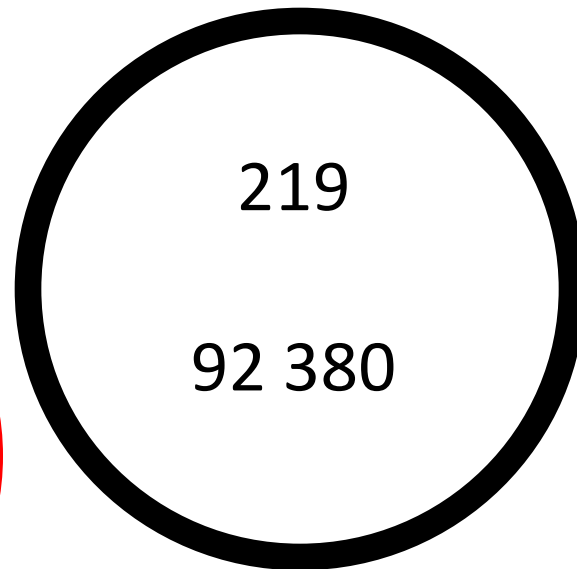
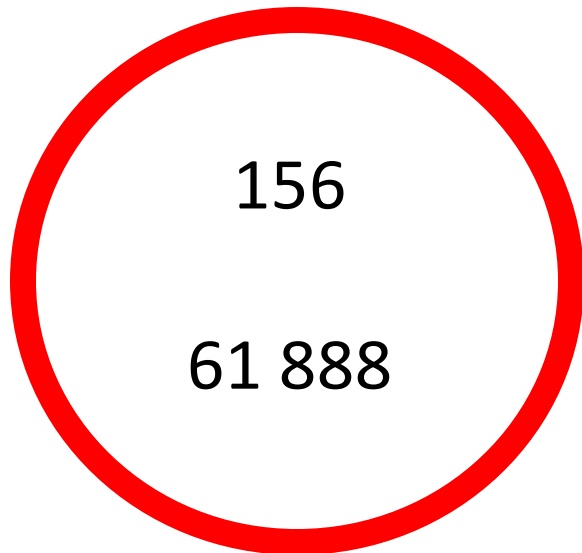
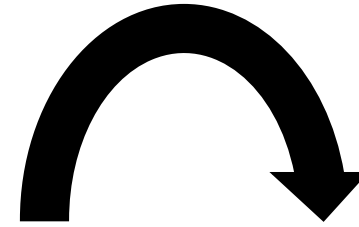
An event to raise money for cancer research.

2018

2019

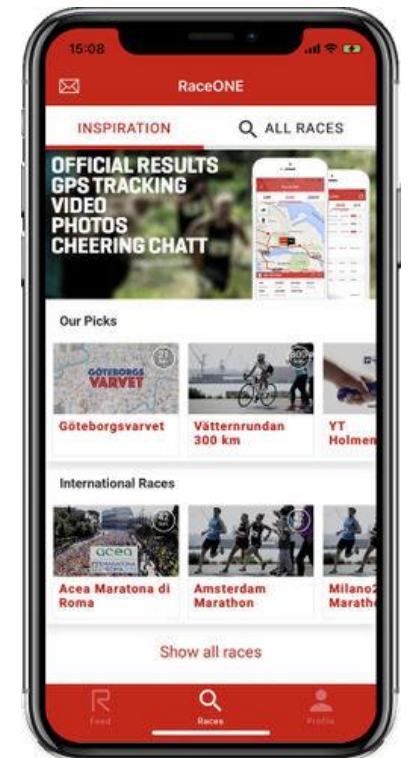
2020

2021



IKEA Fights Cancer – Covid-19 edition

1. Göteborgsvarvet 2021 in Gothenburg
2. Virtual event with possibility to gather a smaller group in Älmhult
3. Virtual event wherever you are



Inspiration



What happens now? How do I
prepare?



Training

- Online workout
- Running guide are available at www.aktivitetshusetalmhult.se

FORTGJORT is short, efficient and fun workouts; 25 minutes long.

Time – Easy to get into everyday life.

Variation – To keep the motivation.

Simplicity – A lot of training in a short time.

Joy – It should be fun to exercise!

Week 40-51

Monday:

11:45-12:15 Strength & Pulse
17:00-17:55 Soma Move for beginners

Tuesday:

11:45-12:15 FortGjort Core
11:45-12:40 SomaMove for experienced performers **New time!**

Wednesday:

12:05-12:45 SomaSlow **New time!**

Thursday:

12:00-12:30 FortGjort Strength **New time!**

Friday:

07:00-07:30 FortGjort Mobility
11:45-12:40 SomaMove for experienced performers





Online Workout

Let's start a movement for healthy habits!

We know that when you feel at your best you are at your best. Now Aktivitetshuset is launching online training for all IKEA colleagues all over the world.

The online workout is only for you who are a IKEA co-worker.



**Click here to see
the full schedule**

Practicalities



Practicalities

Payment: Registration fee

T-shirts

How do I keep up to date?

Questions?

Contact info

www.aktivitetshusetalmhult.se



aktivitetshusetalmhult



ikea_aktivitetshuset

marie.petersson4@inter.ikea.com



A couple of things to remember.....

1. All information including running guide, FAQ and training schedule can be found at www.aktivitetshusetalmhult.se.
2. In case of cancellation or change of participant. Please reach out to marie.petersson4@inter.ikea.com.

Let's do it!



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