

 IKEA co-workers

Small steps, big wins

Are you struggling to fit exercise into your everyday life? You're not alone! The good news: Even a small amount of regular movement strengthens the body, improves sleep, and boosts problem-solving skills, happiness, and self-appreciation.

Join us this fall and get ideas for playful micro habits that will help sneak movement into your daily routine. Simple everyday actions that require only a few minutes of your time, with positive long-term effects on physical and mental wellbeing.

Curious about our speakers or want to know more about our coming events? Visit our website for more information.



 IKEA co-workers

Small steps, big wins

A little movement every day can go a long way. So, join us for our upcoming online events and discover how sneaking small, playful exercises into your daily routine can make a big difference.



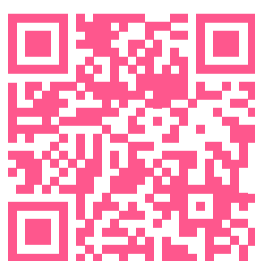
22 September, 10:00
Micael Dahlen



20 October, 10:00
Ulf Johansson



24 November, 10:00
Leila Söderholm



Scan the QR code or visit our website for more information about how to join.



 IKEA co-workers

A new view on exercise

Online talk
22 September, 10:00
Micael Dahlen

What do marshmallows have to do with weight training? Get inspired by Micael Dahlen as he shares his ideas and life hacks on how to make daily movement easy and fun.

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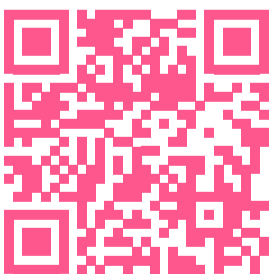
 IKEA co-workers

Movement for life

Online talk
20 October, 10:00
Ulf Johansson

Can exercise help during a personal crisis? IKEA co-worker Ulf Johansson was diagnosed with cancer in 2012, and in this online talk he talks about training as a tool for coping, as well as simple ways to incorporate more movement into your day.

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Every minute makes a difference

Online talk
24 November, 10:00
Leila Söderholm

Join this talk with health expert Leila Söderholm and discover how to sneak movement into our daily life to enjoy the benefits of a more active lifestyle – without hitting the gym.



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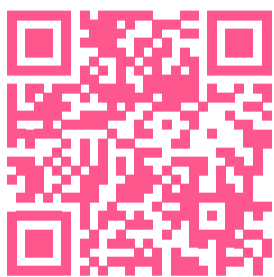


 Open to the public

Small-steps challenge

Fridays in December
Aktivitetshuset

Let's move a little every day!
These four short challenges offer playful tips for staying active this winter. No fancy equipment or gym clothes are required, just a willingness to have fun.



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