

Teaser text for employees (pre-launch)

MOVE MORE TOGETHER – that's the motto of the MOVE DAYS 2026.

The health challenge for companies and a good cause is going into its fifth round in early 2026 – and we at **company X** are taking part.

During Lent, from 18 February to 3 April, you can look forward to surprising challenges for active breaks together with your team and effective exercises for **body, mind and nutrition** in the MOVEVO app.

Top experts will support you in developing your own healthy routines and achieving your personal goals – from mindfulness and a neck routine through to cutting out sugar.

Great prizes await the most active employees and companies. But at the MOVE DAYS, it's not just about performance. With consistency and variety, we'll take our company together to the top of the leaderboard.

And the best part? Every point counts. For every 1,000 points, 1 euro will be donated to a project that promotes physical activity for children.

We're happy if you join in and motivate your colleagues too, when from 18 February it's once again time to **"move more together"**.

Social media announcement

Team **COMPANY NAME** is ready for the MOVE DAYS 2026 – the digital health challenge for companies and a good cause.

We're looking forward to bringing more movement into our working day together during Lent.

➡ More info at: <https://www.movevo.app/move-days>

#movevo #movedays2026 #readytomove #gemeinsammehrbewegen #wirsinddabei

(Feel free to use these hashtags)
