Askelviikot 2025 – The Step Collection Challenge

Take steps to your health!

The aim of the Step Collection Challenge / Askelviikot is to be a good-spirited exercise event and to encourage the participants to make choices that increase daily activity. The challenge illustrates the effect of small everyday changes on the daily amount of exercise. During the competition, participants collect steps on commutes, in hobbies or even on shopping trips as teams or individuals, competing against themselves or each other.

Increasing your own activity is more important than winning. You can participate in this playful competition with a nickname, so your personal result will not be recognized in the

Steps will be collected for two weeks between September 8th and 21st 2025. People of all ages and fitness backgrounds can participate in the Step Weeks. The focus is on promoting your own physical lifestyle.

DIVISIONS

- General individual division
- General team division
- +65-year-olds, individual division
- +65-year-olds, team division

In the +65 division, all participants must be at least 65 years old or turn 65 in 2025. Youths can participate in general division.

People who use a mobility aid (e.g. wheelchair, leg prosthesis) can also participate in the different series of step weeks. An activity tracker and/or heart rate monitor worn on the wrist is suitable for people using wheelchairs to measure activity.

Register no later than Monday 8th September 2025.

RULES

The Askelviikot -team can consist of 2–4 people. The same person can only be a member of one team. If necessary, another member can be added to the team, e.g. in case of an injury or sickness.

REGISTRATION OF STEPS – YUMUUV-APP

Instead of manually recording and counting your steps, you can now track your progress in real time on your phone using the free YuMuuv app. You also don't need to report your steps at the end of the challenge, as the data is automatically saved for us. With these instructions, setting up the app will be effortless and take just a few minutes!

Download the YuMuuv app from your app store or use YuMuuv in your browser at https://app.yumuuv.com/. When registering in the app, you'll need TUL's registration code: **LSI-282**. Please note that the name you enter when creating your profile will be visible to other challenge participants. If you prefer, you can use a nickname.

If you're participating in Step Weeks / Askelviikot as a team, one team member should create the team using the "Create a new team" button. Other team members can join the team during registration via the "Team" submenu.

During registration, you can choose which step-tracking app or device (e.g., smartwatch, your phone's built-in step counter) to integrate with YuMuuv. You can also participate in the challenge without integration by entering your steps manually. Finally, select the correct challenge:

- **Step Weeks 2025** is the general category for individual and team participants.
- **Step Weeks 2025 +65** is intended for participants aged 65 and over, either individually or in teams.

You can choose the language of the App when you download it.

If you have any further questions about the challenge, you can contact us! Let's take a step for our well-being together!

Contact information:

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