

LET'S MOVE FOR A BETTER WORLD

MAKE YOUR PLEDGE FOR
YOUR COMMUNITY

MARCH 12-27, 2024



Download the **Technogym App**.
Create or log into your
Technogym ID on Technogym App



Join the **Let's Move for
a Better World** campaign
from the Challenge tile



Start **collecting MOVES**
for your community



Reach the threshold to
donate equipment
to your local community.

Lets Move for a Better World!

Want to be a part of the biggest global campaign dedicated to raising awareness against sedentary lifestyles and help create a healthier world?

Join the Technogym Let's Move for a Better World challenge this March 12-27 and challenge yourself, your friends, your family, and the community to move more.

What's the goal?

We're aiming to reach at least 1 million MOVES as a facility by the end of the challenge to win a Wellness Kit which we can then donate to our local community. To collect MOVES, log in when using equipment and track your workouts and outdoor activities using the Technogym app.

What are MOVES?

Unlike calories, which take into account factors like your age, gender, and fitness level, MOVES are the ultimate objective units of measurement that assess how active your lifestyle is based exclusively on the amount of exercise you do.

How can you sign up?

If you don't have the Technogym app, download it to sign up for the Let's Move for a Better World challenge, or simply contact Mike Tryon 406-751-4131.