



Take active breaks!

Break up your day with refreshing breaks in the open air! Breathe, dream, look far – or walk with a brisk pace and get your heart pumping. Every step you take counts for your wellbeing!

Choose from two routes:

-  QUICK WALK (1,6 km)
-  STROLL IN THE PARKS (1,9 km)

Choose a route, collect the checkpoints along it and you will be surprised!

Here's how it works:

- ◆ Go to metkaweb.fi/rastit, create an username and log in. Now you are ready to go!
- ◆ During the walk, collect the checkpoints with your phone using the QR code or letter combination.

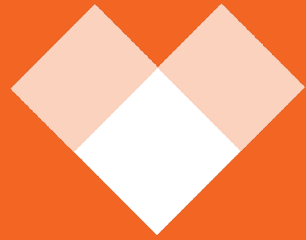
Alternatively, you can write down the letters of the checkpoints and log them on the website afterwards.

- ◆ Along the way you find exercise challenges. Complete these to get even more out of your break!



Collect the checkpoints at:
metkaweb.fi/rastit





MyActive Campus

MyActive Campus promotes low-threshold daily activity on the Myllypuro campus.

On the campus you can find for example a virtual reality exercise game room, wall bars, gym equipment and a relaxation area.

Check out the opportunities on the Student Union METKA website at: metkaweb.fi/myactive

Remember:

- ◆ **Exercise daily and your brain will thank you!**
- ◆ **Go one step at a time. Tomorrow you can do more than today!**
- ◆ **Have an open-mind and encourage others to join in!**