



*National competition  
in motion*



# Lífshlaupið

1.-28. of February



# JOIN US!

REGISTER YOUR MOTION AT  
[WWW.LIFSHLAUPID.IS](http://WWW.LIFSHLAUPID.IS)



WORKPLACE  
COMPETITION



PRIMARY SCHOOL  
COMPETITION



HIGH SCHOOL  
COMPETITION



FITNESS  
GROUPS 60+

**Lífshlaupið**  
*Your health – enjoy it*

Lífshlaupið is a health and motivational project by the National Olympic and Sports Association of Iceland, aimed at all age groups. In Lífshlaupið all Icelanders are encouraged to focus on their daily physical activity and increase it whenever possible, whether during leisure time, at work, in school, or when choosing a mode of transportation. All physical activity can be registered if it totals at least 30 minutes per day for adults and at least 60 minutes per day for children and adolescents.

Sign up and create or join a team at your workplace, school or fitness group, download the app, and have fun while improving your health!

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