



- Link your Leap Card & Health app / smart watch for accurate tracking. Record daily steps and transport usage seamlessly!
- Earn points for every step you take and each journey you make using public transport. Climb the leaderboard and compete with students. Win exciting prizes from our sponsors!
- Engage in fun and sustainable activities posted daily to maximize your points. Share your accomplishments on social media using #bewell and tag our Instagram account.





or visit our website www.tudublin/bewellfitness.ie



Monthly prizes and discounts will be rewarded from the genorosity of partnered brands.







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