

TAB is walking to MIPIM

Blog

14.02.22



Working in an office for long periods of time can often lead to quite a sedentary lifestyle. The long hours spent at a desk can often cause many to neglect going on walks, bike rides and general exercise.

General exercise as small as going for a walk can have a positive effect on our physical and mental health. At TAB and [NHG](#), we're undertaking a "Walk to MIPIM" challenge.

What is the 'Walk to MIPIM' challenge?

Located in Cannes, France, MIPIM is the world's leading real estate event, an opportunity for those in the real estate industry to network and build relationships with other influential people in their industry. The event takes place from 15 - 18 March 2022.

The challenge entails that as a team we want to accumulate around 1.6m steps, a rough average of the number of steps it would take to travel from our office in Borehamwood to the Cannes based event. Friendly rivalry is always welcomed in any competition and although the goal is to reach 1.6 million steps as a collective, the individual who collects the most recorded steps will win a prize.

The goal of the challenge is to try and reduce our carbon footprint, by walking as an alternative mode of transport (where possible) and raise awareness for all office staff to get on their feet and active, something that was challenging for most during the pandemic.

Although all those undertaking the challenge can record their steps from anywhere, both Duncan Kreeger, founder and CEO of TAB and Mathura Paramjorthy, COO of TAB will be representing us at the MIPIM event in France.

If you want to book a meeting with either Duncan or Mathura, get in contact with us at help@tabhq.com.

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