

HOUSE FEVER

WITH THE FOLLOWING ROUTINE
YOU WON'T GO MAD!



Your Power Hour

Use 30 - 60 min to activate all senses after the morning walk, e.g. during yoga, pilates or stretching.

SEA YOU SOON T W; made from recycled ocean plastic



Romping around

Use the evening after work in a playful way: in the garden with the children or a ball sports unit with your partner.

Senegal Shorts W; shorts for wild units



8:00



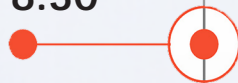
Coffee to go!

Start the day with a short wake-up routine around the block - with a warm coffee or tea in your hand (preferably without disposable plastic) any drowsiness will be „blown out of your bones“.

KOLE 0.5; slim shape



8:30



12:30



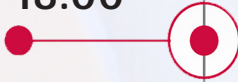
Oxygen push for lunch

Crank up the circulation and get your dose of fresh air for the afternoon in all weathers. Whether as a power walk during lunch break or by skipping rope on the balcony.

Mountain DNA Low W; breathable, made of canvas and leather



18:00



19:30



Fun meal on the balcony

Move your dinner outside - barbecue, sandwich toaster, waffle iron, raclette - everything is possible outside!

JWP BREATHER W; The windproof lightweight jacket from Pack and Go! Quickly unpacked and a perfect companion on the go



PRESSEKONTAKT

Kerstin Pooth (Director PR & Cooperations)

Sato Feller (PR Manager)

Tel.: + 49 6126 954 135

Mail: sato.feller@jack-wolfskin.com