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A screenshot of a presentation slide. The title 'Dokumentation' is at the top in large bold letters. Below it is the name 'Soma Paul'. Underneath that is the word 'Katapil'. The slide content includes a colorful illustration of a hand, an eye, and a cat, with text like 'TITELSIDE' and 'KAT FANGER RØTTER Vil du hjælpe katten?'. The slide is numbered '2 of 6' at the top right.



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A screenshot of a game interface. The title 'Kat Spil' and subtitle 'Vil du hjælpe katten?' are displayed. There are two buttons: 'INSTRUKTION' and 'SPIL'. A white and black cat is shown on the right. A mouse and a ball are on the left. The background is green.



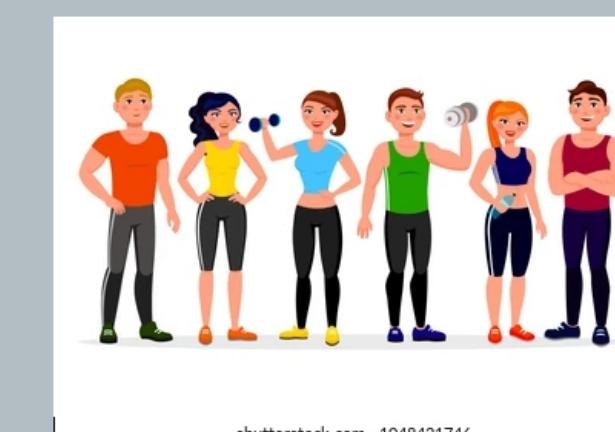
on for sound health and mind

the most important thing to do physical exercise regularly. Physical activity our brain health, helps to manage weight, reduces the risk of diseases, our bones and muscles, and improves our abilities to do everyday activities.

search

llbeing is in our hand

the most important thing to do physical exercise regularly. Physical activity improves our brain health, helps to manage weight, reduces the risk of diseases, strengthens our bones and muscles, and improves our abilities to do everyday activities. Physical activity has a huge potential to enhance our well-being. Even a short burst of 10 minutes of brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. You can get inspiration [Here](#)



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