

JUMP INTO APRIL FULL OF ENERGY!

Say goodbye to winter blues!

Spring is the perfect time to get in shape, take care of your well-being and start working out on a regular basis. It does not matter whether you are into relaxing yoga, swimming or an intense gym session — getting off the sofa is the most important thing here!



The World Health Organization predicts that by 2030, more than a third of the population will not be active enough¹. Don't let the couch potato lifestyle get you, too! Sign up for the FitProfit/FitSport programme in April.

TOMORROW IS JUST AN EXCUSE, TODAY IS AN OPPORTUNITY!



Swimming pool



Martial arts



Fitness



Salt cave



Climbing wall



Zumba



Billiards



Spinning

Talk to the Programme Supervisor at your company and ask about sports cards. Ensure the quality of your leisure time!