

A BALANCED JULY FOR YOUR BODY



Summer is upon us and the weather is just perfect to go outside, relax... and get moving! With **the FitProfit/FitSport programme**, you can take advantage of **thousands of sports and leisure venues all over Poland** – even when you enjoy your summer vacation somewhere else.



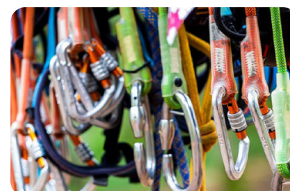
swimming pool



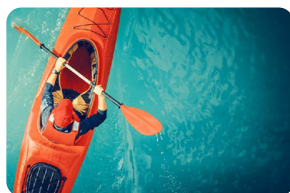
roller skating



trampoline park



rope park



kayaking



water park



paddle boat



beach volleyball

Check out our **summer guide** to learn more about the recommended venues!

[Check out the guide!](#)



And if you feel like your mind could use some regeneration too, we have something special – a **webinar with psychologist Joanna Romanowska on 4 July!** You will learn how to take care of your mental health in the summer, which will come in handy especially when you return to work after your summer break.

[Sign up now!](#)



Contact your company's **FitProfit/FitSport Programme Supervisor** and **join today** – make this July the best month for you!