

GRILL YOUR FORM

FOR THE MAY

**PICNIC** 

Sign up for the FitProfit/FitSport programme and exercise the way you like!





Only 30% of Poles are active in their leisure time to the extent recommended by the WHO\*.

Find your favourite activity and beat the statistics!







d) (m)

swimming pool

climbing wall







yoga

dance

martial arts







See what you gain from an active sports card:

- → Thousands of sports facilities throughout Poland
- Dozens of disciplines
- Possibility to buy a card for your loved ones
- Dots of energy and healthy motivation!

Don't have a card? That's not a problem at all: sign up with your company's FitProfit/FitSport programme manager and join the ranks of active people!

And for a good start to your adventure in sport, we have a gift for you:). download the monthly sports challenge that will take you from the level of beginner to the champion!

Plank & push up challenge