

YOUR ANTIDOTE TO THE AUTUMN BLUES!



Fill the shorter days with energy thanks to FitProfit and FitSport.

The autumn months are not just a time for warm jumpers and hot tea. It is also a great time to take care of your energy levels, which will come in handy at work, at home and when facing your daily challenges. **Regular physical activity is a natural way to improve focus, bolster your immune system and enjoy a better mood, which is particularly important in autumn when the days grow shorter.**



FitProfit and FitSport is your ticket to an active autumn! Gyms, swimming pools, fitness classes, squash, dance courses, martial arts... you decide. Are you going to check it out?



Speaking of energy and motivation...

On 18 September at 10:00 a.m. we are hosting a free webinar with coach Patrick Lange: 'How to give feedback to motivate?' The webinar will show you how to better support others with simple, yet effective tools.



DO YOU NEED A CARD?

Get in touch with the FitProfit/FitSport programme supervisor at your company today! **Join the programme and give yourself more opportunities to feel better and to be healthy and active this autumn.**

