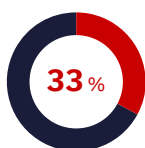


# Don't get burned out!

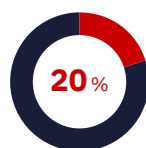
**Up to 35% of Poles suffer from burnout:** don't join their ranks. With FitProfit/FitSport you will take care of both your physical and mental health.



98% of Poles feel the negative effects of stress,



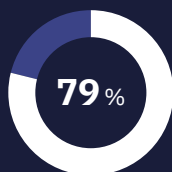
nearly a third rate their health condition as average



and one in five Poles admit to experiencing stress at work on a daily basis.

October is Mental Health Awareness Month: **the best time to put your well-being first and triumph over the seasonal drop in mood.**

We have for you some **proven tools** to help you take care of yourself: sign up for the FitProfit/FitSport programme and they will be at your fingertips.



As many as 79% of physically active people admit that movement improves their well-being.

As little as 30 minutes of physical activity releases endorphins, known as happy hormones, which improve mood. But that's not all! **On the 10th of October at 11:00 a.m., to mark World Mental Health Day, we invite you to a webinar led by a well-known psychologist and coach: Piotr Cielecki.**



**Sign up**

**Join the world of health and positive emotions!**

Don't have a card? Contact the **FitProfit/FitSport** programme manager at your company.

