

WANT TO HAVE HEALTH AND WELL-BEING? **BE ACTIVE!**

Show the autumn blues who's the boss and boost your immune system before the flu season with FitProfit/FitSport cards.



Just 30 minutes of exercise a day makes you healthier & happier. Are you up for the challenge?*

Working out for at least 30 minutes helps your brain release endorphins – the ‘happiness hormones’ that put a smile on your face and a bounce in your step!



79% of active people claim that working out makes them feel better.**

**DO YOU NEED A CARD? GET IN TOUCH WITH THE FITPROFIT/
FITSport PROGRAMME SUPERVISOR AT YOUR COMPANY TODAY.**

Join us in the world of health and good vibes!

- Enjoy thousands of sports and leisure facilities across Poland
- Choose from dozens of activities and have fun!

*Southern Methodist University, Jasper Smith, 2010
**MultiSport Index 2020

