

# AUTUMN BLUES? NOT ON OUR WATCH!

**The days get shorter and colder...  
But stay active!**

Take care of yourself, forget those autumn blues, get your immune system ready for the flu season and stay healthy. **With FitProfit and FitSport cards, you can take advantage of a variety of options** – go to the gym, learn zumba, practice yoga or go swimming. You will definitely find something you'll love!



There are many benefits of using your sports card regularly **(regardless of your level)**



**Getting fit  
and be happier**



**Relieving stress**



**More energy  
on colder days**

## DO YOU NEED A CARD?

**Contact your company's FitProfit/FitSport programme supervisor** and discover how being active can transform your everyday life.  
Remember – investing in your health is the best thing you can do!