

## TIS THE SEASON - GIVE YOUR **LOVED ONES THE GIFT** OF HEALTH!

Sign up for the programme and order sports cards for your loved ones







Did you know that regular exercise can reduce the risk of upper respiratory infections by as much as 33%?\*

Investing in your health is the best gift you can give yourself, and an investment thiswill bear fruit for years to come.



Sign up for the FitProfit/FitSport programme and get perfect Christmas gifts for your family and friends - our companion cards that will help you enjoy the winter season with immune systems in high gear!

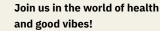
## WHY NOT TRY OUT SOME NEW SPORTS TOGETHER?











DO YOU NEED A CARD?

Get in touch withthe fitprofit/fitsport

programme supervisor at your company today



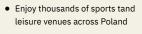












 Have fun with dozens of activities to choose from







Dance classes





