



SPRING IS COMING!

ARE YOU READY? BECAUSE WE ARE!

Although the weather still doesn't feel like it, we are already on the **final stretch before spring**. At this point, you are probably thinking about stashing that coat or winter jacket deep in the closet and recharging your batteries. March is the perfect time to wake up from your winter slumber and take care of your well-being in line with nature's rhythm!



WE CAN'T MAKE THE DAYS GO FASTER, BUT WE CAN MAKE THE WAIT FOR SPRING MORE ENJOYABLE.

Join the FitProfit/FitSport programme and start this March in an active way – it's never been easier!

Your card gets you more now! We want you to be active where you feel the most comfortable. That's why we have a brand-new **video workout zone in the VanityStyle app** just for you. You can exercise wherever you feel like it! At home, at the gym or on the grass in the park as soon as the snow melts. **You choose the place, we give you the tools you need.**



[DOWNLOAD OUR APP](#)

WHILE GETTING ACTIVE, LET'S ALSO TAKE CARE OF THE MIND!

Join us on 19.03 at 10:00 a.m. for the **free Superfoods for the Brain webinar**, where you will learn which foods can boost your focus and creativity.



[SIGN UP!](#)

CONTACT YOUR PROGRAM COORDINATOR TODAY AND WAKE UP YOUR BODY AND MIND FOR SPRING!