

Get yourself the best gift this Holiday season!

Sign up for the FitProfit/FitSport programme in December and give yourself the best gift possible – a gift of HEALTH.



Did you know that regular workouts can reduce the risk of upper respiratory tract infections by as much as 33%?

This is because they boost the number and activity of macrophages, improving their effectiveness in fighting off bacteria and viruses. They also lead to the higher concentrations of IgM and IgG antibodies in your bloodstream. What does it mean? **It means that all lines of your body's defence against pathogens are up and running, well-equipped and ready to fend off any enemies!**

Investing in your health is the best thing you can do for yourself – it will pay out dividends for years to come. **Sign up for the FitProfit/FitSport programme and see how amazing winter can be with your immune system performing at its best.**



yoga



swimming



gym



bouldering

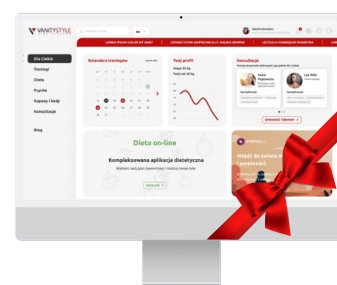


bouldering



fitness

Keep in mind that **an active sports card gives you full access to the VanityStyle Zone at no additional cost** – the hub for all kinds of materials supporting **your development, motivation, training and nutrition! Check it out!**



Join us in the world of health and good vibes!

Don't have a card yet? Contact your **FitProfit/FitSport** Programme Manager at your company today.