

## FIND A MOMENT FOR YOURSELF AMIDST THE DECEMBER COMMOTION... ...FOR WORKING OUT, TAKING A BREAK AND SOME ENDORPHINS

December is a time of joy, get-togethers, but also... Christmas treats! That is why it is the perfect time to take care of the balance between cookies and squats.

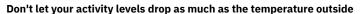


## YOUR FITPROFIT OR FITSPORT CARD GIVES YOU ACCESS TO THOUSANDS OF SPORTS AND LEISURE VENUES ACROSS POLAND -

from gyms and swimming pools to yoga classes and bouldering studios.







and give yourself the gift of health and well-being for Christmas! It is the best gift you can give yourself before this special season! :)



## SIGN UP TODAY

by contacting the Programme Manager at your company and get active this December!



