



**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.



**Don't let your activity levels drop as much as the temperature outside**  
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!**

