



HAVE A LIGHT SPRING. GET FIT BEFORE EASTER!

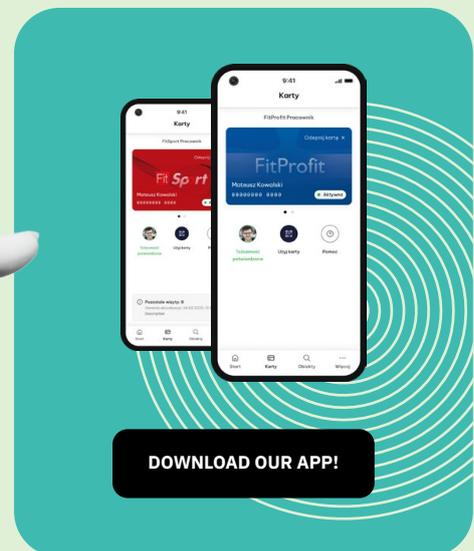
April is when things get a little lighter. The days are longer, the sun is peeking through the windows more often and Easter reminds us that it's the perfect time for a little reset. **So, before the arrival of Easter festivities and the gatherings around the table with the second helpings of cheesecake, it's worth using your sports cards to do some regular exercise and get your self and your body feeling good!**



WITH THE FITPROFIT/FITSPORT PROGRAMME, IT'S EASY TO ADD A BIT OF ACTIVITY THIS SPRING,

and with the VanityStyle Next app and **the new workout video zone**, you can work out whenever you feel like it.

A short workout after work, some quiet activity at the weekend or some outdoor activity before the Easter celebrations begin.



BECAUSE EASTER TREATS TASTE BEST WHEN THE BODY FEELS GOOD.

Set yourself a goal of trying out a new sport in April! There are **thousands of sports and leisure facilities** available to you across the country, including those **closest to you**.

Gyms, swimming pools, fitness classes, dance classes as well as racket sports. Spring is good for testing yourself, changing routines and discovering activities that are really fun.

FIND THE FACILITY OF YOUR INTEREST!



APPLY TO YOUR COMPANY PROGRAMME SUPERVISOR TODAY AND GET INTO THE SPRING IN YOUR RHYTHM!