



COLDER DAYS? GET ACTIVE AND GET WARMED UP!

Add some colour to even the dulllest and grayest of autumn days! **Jump in the swimming pool, try yoga or recharge your batteries at the gym – You decide!**



FITSPORT AND FITPROFIT MEAN:



**DOZENS OF ACTIVITIES
TO CHOOSE FROM**

**POSITIVE VIBES THAT GIVE YOU A LOT MORE
THAN WHAT YOU GET IN A CUP OF COFFEE!**

**THOUSANDS OF VENUES
ALL OVER POLAND**

Don't have your card yet? Or maybe you know someone who needs extra motivation to get moving? **Sign-ups for November are already underway! Don't delay – contact the Programme Supervisor at your company today and turn autumn into your power mode! :)**

