



GET IN SHAPE FOR GOOD, NOT JUST IN GOOD SHAPE!

Heading to a vacation destination? Grab your sports card and leave your pareo at home.

You won't need it after a couple of weeks with FitProfit/FitSport!



Active holidays are good for you and your loved ones!

See what you get with an active sports card:

Healthier and fit children – **88% of all elementary school students cannot do a proper forward roll.¹** Make sure that your child won't be among them!



People 60 and over who exercise regularly enjoy better mental health than do their inactive peers!²



What is in it for you? Access to sports and relaxation venues in all of Poland, no matter where you go! Bad weather? No problem! You can choose one of the many venues – water parks, bouldering gyms, swimming pools and skating rinks.



Don't delay! Contact your FitProfit/FitSport programme manager today and join the ranks of active people!



FitProfit for Children and FitProfit for Children with Swimming Pools:
up to 15 years of age.
FitProfit Junior:
from 15 to 18 years of age.
FitProfit Senior:
from 60 years of age.

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¹Physical Education Study carried out by the University of Health and Sport Sciences, Warsaw, 2021

²American Academy of Neurology, 2016