Did you know? 2 ½ hours is the recommended amount of physical activity we should complete each week. Not quite there, or feeling some guilt? We’ve all been there: lacking motivation or tiring of routine. Here’s how to easily incorporate fitness to your week:

- **Make Fitness Fun:** If you don’t enjoy it, you won’t sustain it. Swimming, tennis and circuits in the park are great ways to enjoy the outdoors and suitable for most ages!
- **Mix It Up:** Tired of the same workout? Add interval training or group classes to your regime! Visit your local council website/office and join community events or fun runs!
- **Set Priorities:** Create weekly exercise appointments in your diary and stick to it. Replace catch ups sitting over coffee with a 30 minute stroll. Soon enough exercise will become habit!

**WIN!**

We’re giving away a $150 Rebel voucher to keep you active! Tell us in 50 words or less why you deserve this prize by emailing competitions@fitnesspassport.com.au (Entries close 31 March 2019)

New Membership Pricing effective 1 March 2019:
- From $13.95 per week | Single membership (employee only)
- From $22.95 per week | Family membership (employee + partner + children U18)
- From $13.95 per week | Dependent child U25

**START 2019 WITH A FITNESS PASSPORT MEMBERSHIP**

View participating gyms and pools
Sign up here