



MOVE FOR YOUR MENTAL HEALTH



Physical activity is 1.5x more effective than counselling or leading medications in managing your mental health*

With a Fitness Passport membership, you can move more, by accessing our network of 1,500+ premium fitness facilities across Australia, including pools, gyms, and so much more.

Find out more about the benefits of a Fitness Passport membership at **fitnesspassport.com.au** and start your journey to a healthier body and a happier mind!

Here are 4 ways that exercise contributes to better mental health:

1. IMPROVED SELF-ESTEEM

achieving health and wellness goals.

2. BETTER CONNECTIONS

with friends, family and workmates
- make movement a social activity!

3. INCREASED ENDORPHINS

The exercise-stimulated happy-hormones are famous for boosting mood and mind.

4. BETTER SLEEP + MORE FOCUS

in your daily life.