



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.



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