



# STAYING CONNECTED

## FOR OPTIMAL HEALTH AND WELLBEING

Did you know that staying connected is one of the most important factors for maintaining your health and wellbeing? It also helps minimise feelings of isolation, especially as social media and technology substitute for face-to-face interactions, along with life's daily commitments and fast pace. Here are a few fun and rewarding ways you can keep active and connected:

### COMBATting FEELINGS OF ISOLATION

Loneliness is a growing issue in our society. Despite living in a time of unprecedented connectivity, many people feel more isolated than ever before. According to research, social isolation is associated with a higher risk of premature death, with some studies showing it may be as harmful as smoking or obesity.

One of the best ways to counteract loneliness is by joining a community where you can share experiences, develop relationships, and feel like a part of something bigger than yourself.



## GROUP CLASSES + TEAM SPORTS

Health is not just about physical fitness—it's about the whole person. Fitness Passport provides members with access to a huge variety of group fitness classes and fitness facilities that have an inclusive and supportive community feel, creating opportunities for everyone to stay connected while improving their health. When you attend a class or train with friends or play a team sport, you naturally connect with others who share similar goals and interests, creating opportunities for camaraderie and friendship.

Being part of a fitness group also provides accountability and belonging, plus you're more likely to show up and engage when you know others are counting on you! Whether it's yoga, pilates, weight training, or cycling classes, these group settings foster a sense of unity, as everyone works toward common goals.

When you participate in a sport, you develop problem-solving skills, improve communication, and learn how to manage different personalities and dynamics. These are all valuable life skills that translate into everyday situations, such as in the workplace or at home. Plus you'll have a tonne of fun at the same time!



## MENTAL FITNESS

The mental health benefits of physical activity are well-known, but the added social aspect of group fitness can amplify these effects. Participating in group activities helps reduce anxiety and depression, and additional research shows, those who have strong social connections experience lower levels of stress and improved mood.

The simple act of engaging in conversation, laughing with teammates, or sharing a workout challenge releases endorphins, known as the "feel-good" hormones, which further boost your mental wellbeing, or mental fitness, as we like to refer to it.



## SOCIAL INTERACTIONS

Social interactions also help reduce cortisol, the body's stress hormone. When cortisol levels are high for long periods, it can lead to increased anxiety, depression, and even weight gain.

Surround yourself with supportive peers and create a buffer against stress in your daily life.



## CONSISTENCY IS KEY!

For many, this community aspect is key to maintaining consistency in their fitness routine. Research shows those who work out in a group setting with support and encouragement, are more likely to stick with their fitness plans over time compared to those who exercise alone.

So what are you waiting for? Grab a friend or family member and recharge those social, emotional, and physical batteries!



For more information about our memberships and other resources to support your wellbeing, visit:

[linktr.ee/fitnesspassport](https://linktr.ee/fitnesspassport)

