



## FITNESS PASSPORT WEBINAR

# STRONG FOUNDATIONS:

*Enhancing Musculoskeletal Health Through Exercise*

Thursday, 21st November 2024

12:00 – 1:00 PM AEDT

Fitness Passport is championing the power of exercise for Musculoskeletal Health. Join us for an informative webinar featuring leading experts, **Dr. Mitchell Gibbs** – UNSW Master Researcher, and **Musculoskeletal Health Australia (MUSCHA)**, who will share the latest research and findings in musculoskeletal conditions and managing pain through exercise.

### What is Musculoskeletal Health?

Musculoskeletal health refers to the wellbeing of the muscles, bones, joints, and connective tissues that support movement and stability. Maintaining good musculoskeletal health helps prevent conditions like arthritis, osteoporosis, and chronic back pain, allowing individuals to stay active and pain-free.

Your whole organisation is invited to join our webinar

[REGISTER HERE](#)



### Wellbeing Resources

Explore a range of wellbeing resources packed with valuable information to support you on your wellbeing journey!