



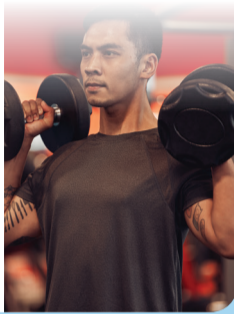
# 2025 HEALTH & WELLBEING CALENDAR

In 2025, we're creating monthly wellbeing content which reflects your most important health and wellbeing themes such as: mental health, workplace safety, and nutrition. As our valued partner, you can expect supplementary resources such as flyers, blogs, videos and webinars with wellbeing experts to enhance your workplace initiatives and events. Whether it's staff orientations or wellbeing expos, Fitness Passport is here to support you!

## JANUARY

### GOAL SETTING

Start the year the positive way, setting your sights on a healthier, happier 2025.



## FEBRUARY

### CREATING HEALTHY HABITS

How introducing new and sustained habits can have a lasting positive impact.



**WEBINAR**

## MARCH

### MOVEMENT CHALLENGE!

Three months into the new year and often we've forgotten about all those good intentions and resolutions so let's get back on track with a March Movement Challenge – from increasing the distance or time you run to lifting more weights or swimming more laps!



## APRIL

### SAFE WORK

Explore the connection between physical fitness and fostering a safer, healthier, and more productive workplace environment



## MAY

### FOUNDATIONS OF FUNCTIONAL FITNESS

An introduction to foundation Mat Pilates for improved functional movement

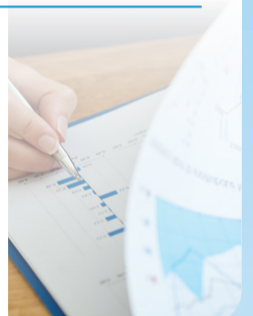


**WEBINAR**

## JUNE

### FITNESS PASSPORT ANNUAL SURVEY

Contribute to shaping the future of Fitness Passport!



## JULY

### HOW TO FORTIFY YOUR HEALTH

Insights for building better immunity through regular exercise, saunas, nutrient rich diet, good quality sleep.



## AUGUST

### MENTAL FITNESS + STRESS REDUCTION

Uncovering tips and techniques to recognise signals and address stress management.

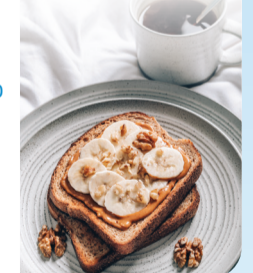


**WEBINAR**

## SEPTEMBER

### SWAP IT OR DROP IT! – TIPS TO IMPROVING NUTRITION

Swap white bread for wholegrain, chips for unsalted nuts. Or drop it – no more sugar in your coffee, no more sugar!



## OCTOBER

### MAINTAINING HEALTHY SOCIAL CONNECTIONS

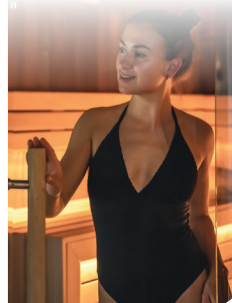
The importance of maintaining social connections these holidays, continuing to improve physical and mental fitness.



## NOVEMBER

### REST AND RECOVERY

Build up to Christmas and end of the year highlight the importance of rest, recovery, downtime.



**WEBINAR**

## DECEMBER

### FAMILY FUN

Learn from various members of the Fitness Passport team how they stay active, and involve their families in their wellness journeys.



The themes highlighted in this calendar reflect the primary areas of focus for our wellbeing content throughout the year. However, we're here to support your team with additional content and resources tailored to other wellbeing initiatives and events you may have. For more information or assistance, please reach out to our team at [partnerships@fitnesspassport.com.au](mailto:partnerships@fitnesspassport.com.au).