

MARCH IS FOR MOVING MORE

This month, we're launching a Movement Challenge to help you move more, feel better, and make progress.

To guide you, some of the Fitness Passport team are stepping up to share some tips:



LACHLAN

Will master weights & gym workouts for the most effective strength conditioning

LUKE

Our marathon runner will share his secrets to dominating any fun run



FLOOR

Pilates & Yoga pro helping with flexibility and stress relief



FIONA

*Training for the **Laps for Life CEO Challenge** with **ReachOut**, she'll share practical tools to level up in the pool.*



Each week in March the team will focus on four themes and apply it to their activity:

WEEK 1

WHY IT'S WORTH IT: Benefits & Getting Started

WEEK 2

MASTERING THE FUNDAMENTALS: Form & Technique

WEEK 3

MAKING IT WORK FOR YOU: Customising & Staying Motivated

WEEK 4

ELEVATING YOUR GAME: Pushing Yourself & Building a Habit

Keep an eye out for video tips on our [LinkedIn Page](#)

We hope you have fun meeting the team, learning more, and moving more this March!

For more information on how to move more with FP, visit: fitnesspassport.com.au/info/

