



One Card. All Sports!

The FlexiSport Card Mix Challenge

Hey! We've created a brand new challenge just for you.

How many times have you skipped exercise because you didn't have a schedule? Or maybe you got bored with going to the same gym every time?

Having a plan gives you up to a 90% better chance of doing what's right for you. Without a plan, it's very hard to reach your goals, especially in a world full of distractions.

With this challenge, you'll discover how powerful it is to stay consistent, follow a plan, and have fun by mixing different sports and activities.

What Are the Benefits of Mixing Different Sports?

- ✓ Prevents injuries
- ✓ Keeps your body balanced
- ✓ Boosts your energy
- ✓ Makes staying active more fun!

With the FlexiSport Card, You Can:



Swim on Monday



Lift weights on Wednesday



Do Yoga On Saturday

Sport is as a Miracle!

Exercising, swimming, racket sports, yoga, or any other sport can completely change your day. It's amazing how movement affects your energy and mood. And still, only a small percentage of people do sports regularly. Let's be honest. Obesity has been increasing rapidly in Canada over the years. But this is not just about how your body looks. Sport affects how patient you are with the people you love, how clearly you think, how well you sleep, and how you manage stress and money. There is nothing better than doing sports. It truly is a miracle. And it's not about having time. It's about creating a habit and living as if sport is a natural part of your life.

Btw: This challenge can be done without any cards. It's just a guide for a better life. But if you're interested in how the FlexiSport Card works and how it can improve your business, your employees, or you personally, you will find all the information [HERE](#).

How the challenge works

Write down the activities you like (or push yourself to explore something new)

- ✓ Gym
- ✓ Swimming
- ✓ Cardio
- ✓ Wellness
- ✓ Badminton
- ✓ Yoga
- ✓ Climbing
- ✓ Box
- ✓ Soccer

Simple challenge rules

- Choose at least 3 different categories each week.
- Mix it up again the next week with new activities.
- Plan your week every Sunday.

Tuesday - Gym
Wednesday - Box
Thursday - Wellness
Sunday - Swimming

Track your progress

Every Sunday, take a moment to write one sentence about your progress and how you feel.

Feel free to share it with us.



Contact us: hello@flexisportcard.com

We wish you GOOD LUCK!

Team FlexiSport

www.flexisportcard.com

