

# 2024 HEALTH & WELLBEING CALENDAR



In 2024, we're creating monthly wellness articles which reflect your most important health and wellbeing themes such as: mental health, workplace safety, and nutrition. As our valued partner, you can expect supplementary resources 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 & MOTIVATION

Plan Your Way to Fitness Success

- Theme Flyer PDF
- Planner PDF
- Social Media Tile



## FEBRUARY

### HEART HEALTH

How to Beat CVD and Keep Your Heart Healthy

- Theme Flyer PDF
- Social Media Tile



## MARCH

### NEW FACILITIES PROMOTION

Discover the New Facilities on our Network

- Theme Flyer PDF
- Social Media Tile



## APRIL

### NUTRITION

Mood Food: How to Eat Well and Feel Good

- Theme Flyer PDF
- Social Media Tile
- Blog



## MAY

### PHYSICAL MOVEMENT

Get Moving in May: A Beginner's Guide to Exercise

- Video
- Social Media Tile
- Blog



## JUNE

### FITNESS PASSPORT ANNUAL SURVEY

Your Opinion Matters: Take Our Survey and Share Your Feedback

- Theme Flyer PDF
- Social Media Tile
- Blog



## JULY

### WINTER WELLNESS

Don't Let the Cold Stop You: Fun Fitness Activities for Winter

- Theme Flyer PDF
- Social Media Tile
- Blog



## AUGUST

### MINDFULNESS

Relax and Recharge: A Meditation Audio File with an Expert

- MP3 File
- Social Media Tile
- Blog Featuring Expert



## SEPTEMBER

### MENTAL HEALTH

R U OK Day 2024: How to Start A Conversation and Support Each Other

- Theme Flyer PDF
- Social Media Tile
- Blog



## OCTOBER

### SAFE WORK

Safety First: A Case Study on How a Member Organisation Achieves Safe Work Excellence

- Theme Flyer PDF
- Video
- Social Media Tile
- Blog



## NOVEMBER

### CONNECTIONS

Buddy Up and Boost Your Wellbeing: The Benefits of Exercising with a Friend

- Theme Flyer PDF
- Social Media Tile
- Blog



## DECEMBER

### HEALTHY FAMILIES

Cool Off and Have Fun: The Best Pools for Family Fun

- Theme Flyer PDF
- Social Media Tile
- Blog



To learn more about how we can assist with your workplace initiatives and events, please reach out to our team at [partnerships@fitnesspassport.com.au](mailto:partnerships@fitnesspassport.com.au) for additional information and support.