

# Set Your Direction: Start 2026 Strong



**January is the perfect time to slow down, look inward and set your wellbeing intentions for the year ahead.**

Take this month to reflect on what matters most to you:

- What gave you energy last year? What drained it?
- When did movement help you feel your best?
- What do you want more of?

Self-reflection tells you what you need, and your Fitness Passport membership helps you feel it.

**Set your 2026 intentions and roadmap to greater wellbeing today!**

Physical Activity		
Mental Health		
Nutrition		
Sleep		
Family		
Social Connections		
Personal Development		
Managing Finances		

For more wellbeing  
information

Visit  
[fitnesspassport.com.au/info](https://fitnesspassport.com.au/info)

