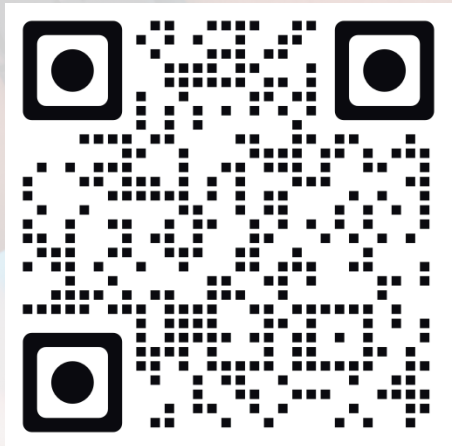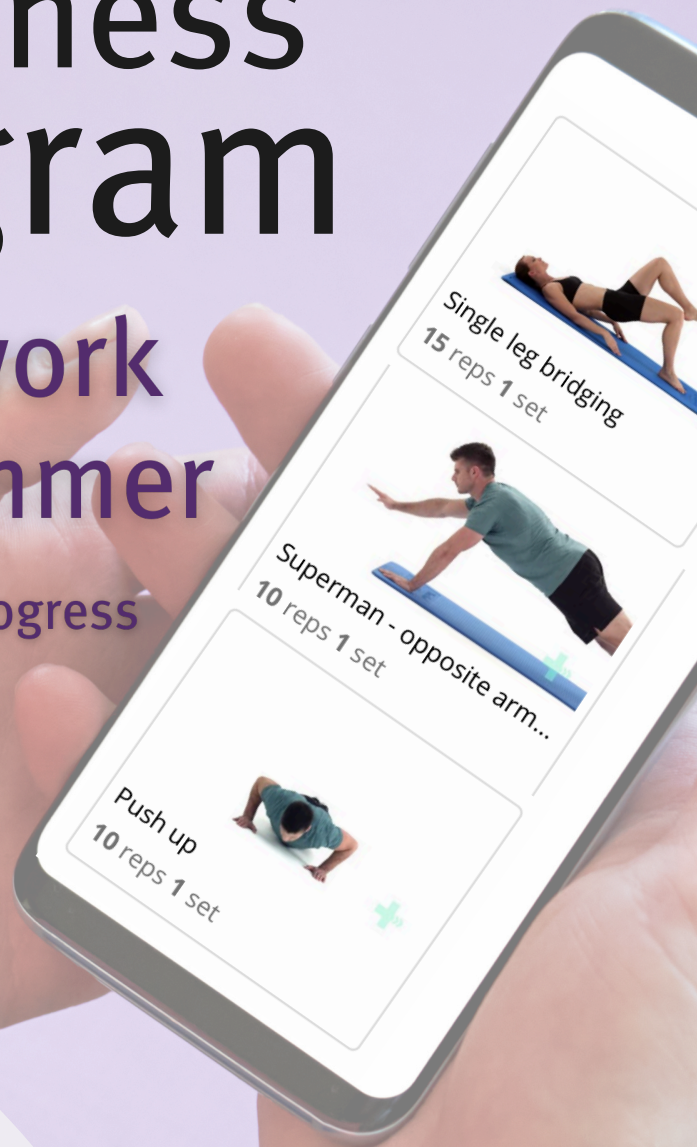# Summer Fitness Program

## Maintain your work fitness over summer

Free | Easy to use | Track your progress



1. Scan the QR code
2. Follow the link to PhysiApp
3. Enter the year 2000
4. Choose your exercise level
5. Get started!

**work healthy** AUSTRALIA