



# Sporty fall, active winter



A guide to healthy physical activity with the **MultiSport card**

# Cold? Get up and get moving!

Fall and winter can put a strain on your body. When there's not enough sunlight, melatonin levels rise, while serotonin, dopamine, and beta-endorphin levels drop. Combine that with the cold weather, and you've got the perfect conditions for the winter blues and feeling sluggish.

It's very tempting to stay curled up at home under a blanket – maybe with some comfort food to lift your spirits. But actually, staying active is the best thing you can do for yourself during fall and winter. And we'll show you that an active lifestyle can be truly enjoyable!



## Table of contents

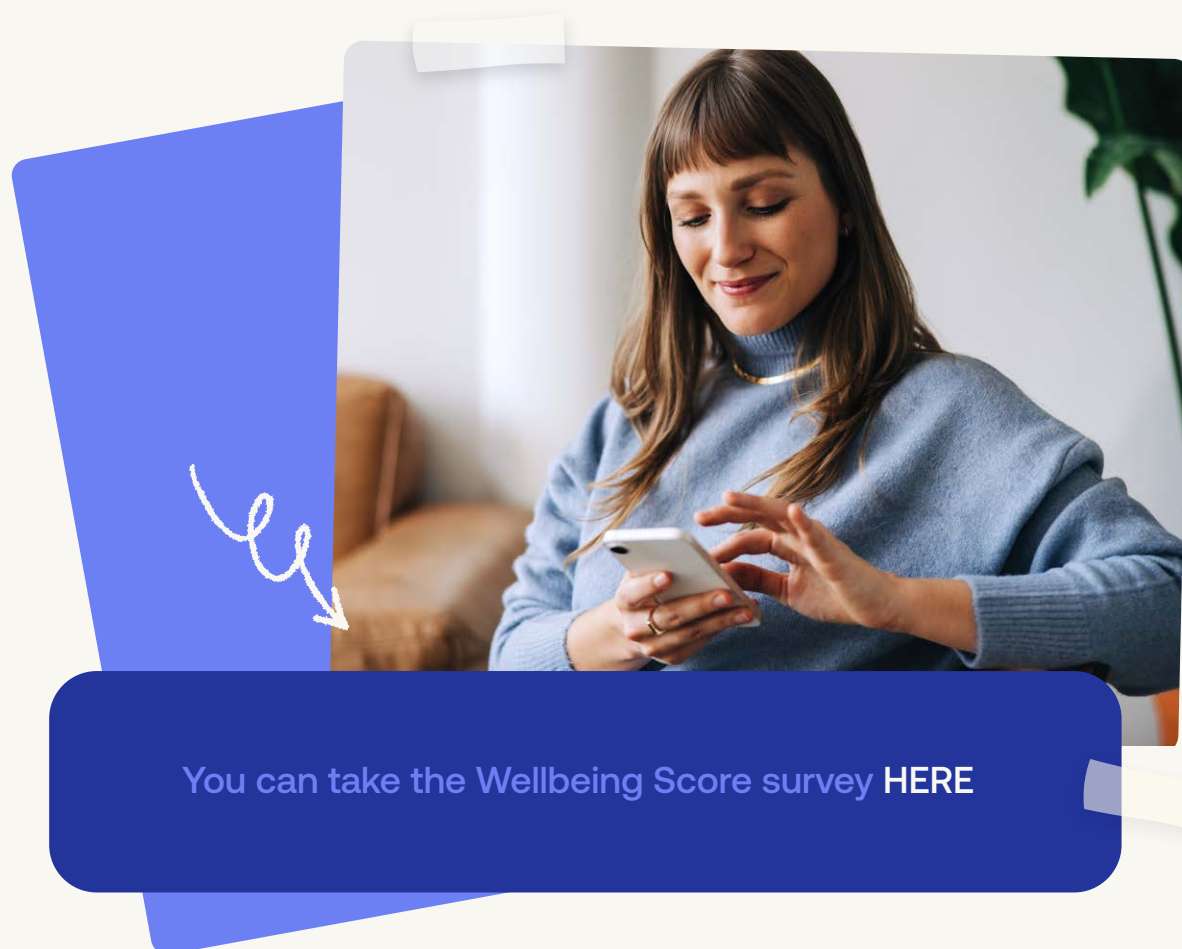
- **Start with a wellbeing test**
- **Discover the motivation to work out**
- **Fun for everyone** – the ideal choice for quality time with your family and friends
- **Two of a kind** – ideas for an evening with your partner, an outing with your best friend, or an afternoon with your buddy
- **Especially for you** – discover new activities to enjoy on your own
- **After training** – take advantage of a service designed to enhance your comfort
- **Enjoy all-in-one convenience** with the MultiSport card and discover its amazing benefits!

# Start with a wellbeing test

Before we dive into sports ideas and inspiration, we recommend a quick exercise.

Go to [www.multilife.pl](https://www.multilife.pl) and find the Wellbeing Score, a tool that will help you assess your mood and health as you enter the cold season. The Wellbeing Score will show how well you manage both your physical and mental health, build meaningful relationships, connect with nature, maintain your inner peace, and achieve a suitable level of comfort in your life.

Take this simple test now, before you explore our ideas, and then retake it once the activity becomes a habit. After completing the test, you'll receive personalized advice and recommendations for tools to help you best manage your wellbeing.



You can take the Wellbeing Score survey [HERE](#)

# Discover the motivation to work out

Explore the advantages of regular physical activity:

- **You'll build up your immunity** – you'll need it in the coming months. Fall and winter are the seasons when catching a cold is most common. Remember that consistent physical activity boosts the production of white blood cells which are crucial for combating infections. And some researchers claim that elevated body temperature resulting from exercise contributes to eliminating bacteria. Studies also show that engaging in moderate exercise for 1 to 2 hours a day can reduce the risk of upper respiratory tract infections by up to one-third![1]
- **You'll beat the blues** – exercise triggers the release of endorphins. It's no coincidence they're called 'happy hormones', as they positively impact mood and help release neurotransmitters (serotonin, dopamine, and noradrenaline), which play a role in regulating emotions [2]. Engaging in regular exercise will help you manage stress and build resilience against stress-inducing factors [3].
- **You won't fall asleep at work** – regular exercise improves concentration and the ability to process information faster. You'll work more efficiently, because physical activity has a positive effect on decision-making and planning skills [4].



Exercise isn't just about getting fit and looking good; it's also a perfect way to destress, connect with the people you care about, and build stronger bonds. Use our guide to select your favorite activities for the fall and winter seasons!

# Fun for everyone – the ideal choice for quality time with your family and friends

## Cable cars •

It's time to head to the mountains with family or friends! You'll improve your fitness, reduce stress, and spend an unforgettable time together. Enjoy cycling in the fall, skiing in the winter – or long walks year-round. Cable cars add a whole new level of enjoyment to exploring the mountains. Use your ski passes, cable car tickets or entrance tickets to a bike trail of your choice and spend your time in the mountains the way you like best!



## Bowling •

A bit of friendly rivalry, plenty of laughs, and the chance to chat while you play – in short, the perfect mix for a fun night out with your friends or family. Bowling is recommended for nearly everyone, regardless of fitness level or age. The game is relatively simple, with no particular skills required.

What's more, the risk of injury or strain on your joints is minimal, especially if you do a short warm-up beforehand. Just make sure you wear comfortable clothes – you can rent special bowling shoes at the bowling center.

## Kart racing •

Do you want to improve your precision and motor coordination, challenge your friends, or just discover an interesting way to spend your afternoon?

Check if there are any go-kart tracks near you.

Kart racing offers not only excellent sports entertainment but also an educational experience.

Through go-karts, you'll learn to be attentive while driving and practice safety rules.



## Shuffleboard •

Are you looking to demonstrate your skill and accuracy? Or maybe you just want to have some fun? Gather your friends or family and enjoy a fun game of shuffleboard together. Teams play to win using cues to move discs across a table, aiming for specific scoring zones. While playing, you'll also improve your posture, coordination, stability, and balance.

## Pool •

Playing this game in teams is a great opportunity to develop teamwork skills. At the same time, you'll tone your leg, arm, and back muscles, as well as your core muscles, which stabilize your backbone and help you maintain proper posture. You'll also improve your precision and coordination while having fun and staying safe.



## Trampoline park •

Entertainment for everyone, not just families with children! Bouncing on a trampoline is an enjoyable way to connect with others while getting a comprehensive workout that strengthens your legs, abs, back, and arms simultaneously.

# Two of a kind – ideas for an evening with your partner, an outing with your best friend, or an a-fternoon with your buddy



## Golf simulator

Is the golf course completely covered in snow? Who cares! You can hone your golf skills using the simulator. This will give you a thorough understanding of both the rules of the game and the key techniques.

After that, you can enjoy playing a complete round of golf together!



## Squash

Shake off the stress and feel great after a tough day. Squash is all about high energy and incredible fun! Additionally, it aids in burning calories and reducing body fat.

It's an excellent way to exercise with a partner or friend.



## Ping-pong

Perhaps you prefer a blend of relaxation and healthy competition? Give table tennis – also known as ping-pong – a try! Guaranteed fun, along with the opportunity to improve your reflexes and motor coordination.



## Dancing

Are you new to the world of dance? Or perhaps you want to further develop your dancing skills? Keep in mind, it's more enjoyable with a partner. Dancing brings not only positive emotions but also numerous health benefits. Through dancing, you'll improve your heart function and movement coordination, and strengthen your joints.

# Especially for you – discover new activities to enjoy on your own

## EMS •

A toned physique and improved fitness in just a few weeks? These are the benefits you can expect from EMS training! It works so well because it induces extra muscle contractions using safe and completely painless electrical impulses.



## Shooting range •

Discover how calming shooting can be. At the same time, shooting range practice will help you build strength in your back, arms, and legs, while enhancing hand-eye coordination, improving focus, and increasing tactile sensitivity (it's best to pull the trigger slowly and carefully).

## Pilates Reformer •

A reformer machine is a piece of exercise equipment resembling a bed frame, equipped with a system of pulleys and springs to provide resistance to muscles. This allows you to customize the level of resistance according to your needs – unlike in traditional Pilates. Importantly, even during high-intensity workouts, your joints stay safe!



## Climbing wall •

Winter mountain climbing is an activity suited only for a small group of professionals. Fortunately, you can train safely and enjoyably on a climbing wall throughout the entire year. You don't need to check the weather – just make sure you have the right footwear and comfortable clothing. A fantastic full-body workout is in store for you!



NEW with  
the MultiSport  
card

## Ski simulator •

Are you aiming to get in top shape for the ski season, or simply craving some skiing fun without heading to the mountains? A ski simulator is the perfect solution. Its cutting-edge technology provides a highly realistic and safe workout experience.

## Vacu Well •

Is the weather too bad to walk or run? Poor weather outside might be the perfect reason to try Vacu Well – a special treadmill enclosed in a vacuum capsule that helps you tone your lower body. Vacu Well accelerates the release of metabolic byproducts during the workout, leading to significantly faster fat burning and calorie expenditure compared to traditional exercise.



## Swimming pool •

You can enjoy the water all year round, not just in summer. Locate your nearest pool and discover how swimming can enhance your fitness, positively impact your body, and relieve strain on your spine. And if you're looking for something different, try aqua aerobics! It's an ideal way to get a workout without putting stress on your joints.



# After training – take advantage of a service designed to enhance your comfort

- Start using **oxygen therapy**

Oxygen therapy involves breathing in a high concentration of oxygen under increased pressure in a hyperbaric chamber. This enhances the body's efficiency, boosts immunity, and supports the regeneration process. It also helps to reduce stress levels and improve the quality of sleep.



# Enjoy all-in-one convenience with the MultiSport card and discover its amazing benefits!



Fall and winter are ideal seasons to explore new sports and recreational activities! The MultiSport card makes it even easier to get active. You have access to over **45 activities and over 5,500 facilities across Poland**. You can also take advantage of Design Your Form courses – expert knowledge available conveniently through an online platform.

## Are you ready for new sports adventures?

The “Gym Project” will enhance the effectiveness of your workouts, the “Pool Project” is perfect for diving into swimming exercises, and the “Yoga Project” will guide you through the world of asanas.

## Do you want to focus on dietary changes?

The “Healthy Eating” project will help you develop a healthy menu, and knowledge gained through the “Meal Planning” project will come in handy when shopping and cooking.

## Determined to resist the fatigue that comes with the fall and winter?

Projects such as “Healthy Sleep” or “Circadian rhythm” will be a great solution for you.

More courses are available [HERE](#)

Give them a try and stay active during the fall and winter with the MultiSport card!

## References:

- [1] <https://ncez.pzh.gov.pl/aktywnosc-fizyczna/aktywnosc-fizyczna-a-odpornosc-organizmu/>
- [2] <https://wsparciepsychologiczne.psrp.org.pl/wplyw-aktywnosci-fizycznej-na-zdrowie-psychiczne/>
- [3] <https://ncez.pzh.gov.pl/aktywnosc-fizyczna/systematyczny-ruch-lekiem-na-stres/>
- [4] <https://swps.pl/centrum-prasowe/informacje-prasowe/33771-wplyw-aktywnosci-fizycznej-na-zdrowie-psychiczne>