



# The FlexiSport Card Mix Challenge

Hey!

We've created a brand new challenge just for you. Has it ever happened that you wanted to exercise, but something else came up? Or maybe you got bored of going to the same gym every time?

Having a plan gives you at least a 90% better chance of reaching your goal. Because without a plan, there's almost no chance of accomplishing what you want.

With this challenge, you'll discover how powerful it is to stay consistent, follow your 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:**

Go to the gym, a swimming pool, play badminton, do yoga, anything you like. It's a miracle how it changes your whole day, and it's still only a small percentage of people who do this daily. It's not just about how your body looks, but the truth is that obesity has been increasing rapidly in Canada over the years. It affects many other things, like how happy you feel with your partner, how you manage your spending, and how you sleep. There is nothing better than doing sports. It's a miracle. And it's not about time. It's about creating this habit and living as if sports are 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](#).

# HERE'S HOW THE CHALLENGE WORKS

## **Make your own types of activities:**

### For example

Gym  
Swimming  
Cardio  
Wellness  
Badminton  
Yoga  
Climbing

Feel free to choose what you like to do, or push yourself to explore something new.

## **Rules of the challenge:**

Choose at least 3 different categories each week

Mix it up again the next week with new activities

Plan your week every Sunday.

### For example

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

## **Share the progress:**

Every Sunday, just write one sentence about how you feel about your progress.  
You can also share it with us.

**Contact us:** [hello@flexisportcard.com](mailto:hello@flexisportcard.com)

We wish you GOOD LUCK.

Team FlexiSport

