

Fit 4 Work Program



Get Out, Get Active, Find Work

Are you looking to improve your fitness and find employment?

Mas' Fit 4 Work program will improve your health and get you 'Fit 4 Work'. With the support of our specialist facilitators and careers team we will help you realise your true potential.

Where is it?

Various locations in Adelaide.

Who is it for?

- ✓ 16-24 year olds.
- ✓ People aged 45 plus who are inactive and looking to get back into the workforce or change careers.

This 12 week active pre-employment program is FREE to join.



Try different physical activities.




Meet new people and have fun.



Start kicking exciting career goals.

To learn more contact

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Government of South Australia
Office for Recreation, Sport and Racing



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intowork
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