

LINK[®]

International transport

since 1989

www.linktransport.eu



TRAINING FOR
PROFESSIONAL DRIVERS



**WE AID THE DRIVERS IN
HEALTHY AND ACTIVE LIFESTYLES**

LINK JOINED THE OPEN AIR GYM
CONSTRUCTION PROJECT FOR DRIVERS!



WE INVITE YOU TO USE OPEN AIR GYMS THROUGHOUT POLAND

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LINK ENCOURAGES
TO EXERCISE AT YOUR TRUCKS



HAVE A BREAK
FOR SOME EXERCISE AT YOUR CAR
OR IN A DRIVERS GYM

EXERCISE DURING
EVERY BREAK

HEALTHY AND ACTIVE



Due to their sitting work position the drivers face multiple disorders.
LINK promotes health and physical activity among professional drivers.

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**LINK ENCOURAGES
THE DRIVERS TO EXERCISE**



**FREE
TRUCKERS LIFE**

OPEN AIR GYMS

OPEN 24 HOURS A DAY

**HELP YOU MOBILIZE YOUR
MUSCLES, BONES AND JOINTS**

**REDUCE THE EFFECTS OF
SITTING WORK POSITION**

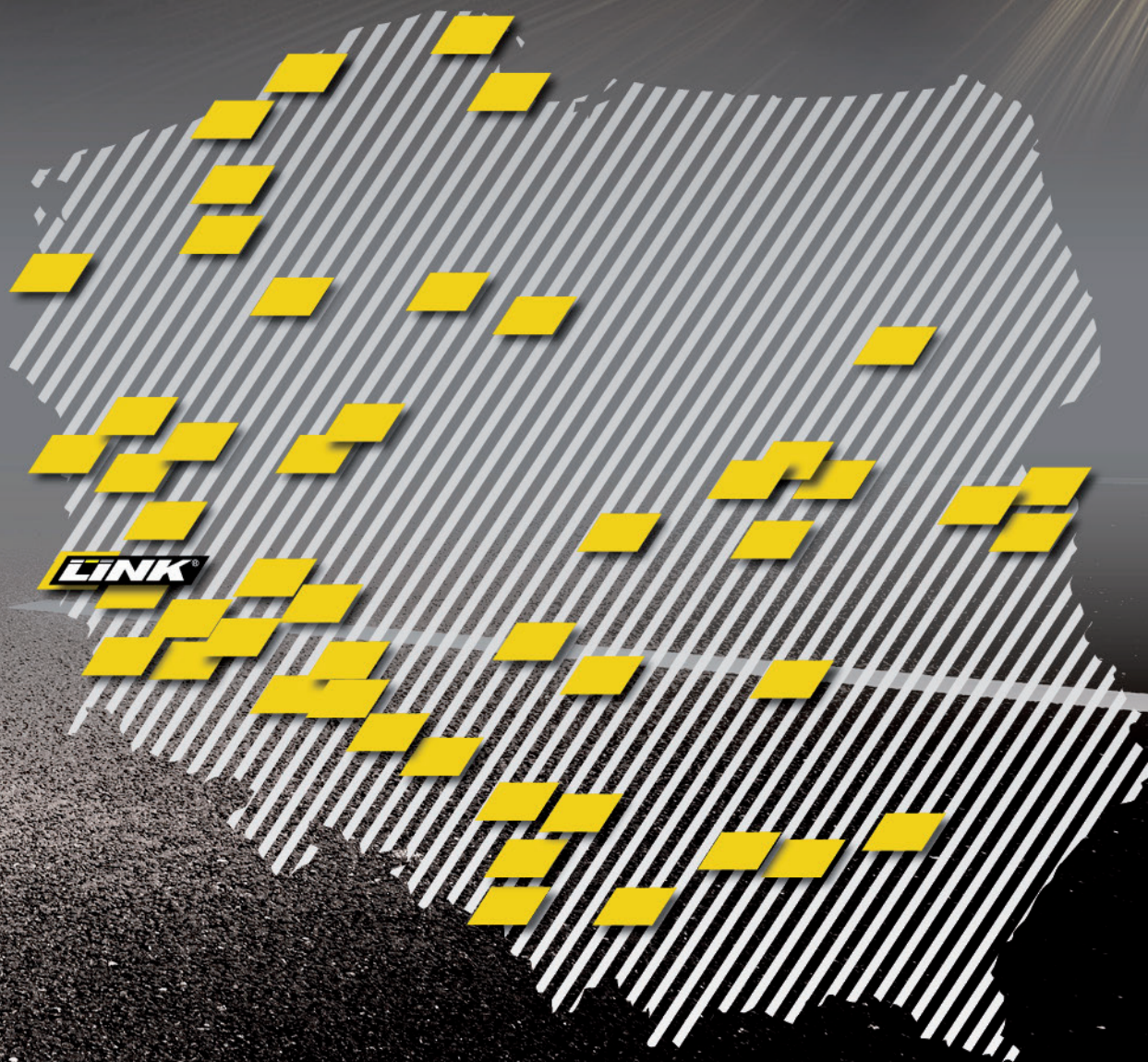
**ALLOW ACTIVE
RECREATION**

**AND LEAD TO IMPROVED
CARDIAC EFFICIENCY**



**LOCATION OF GYMS OF THE
TRUCKERS LIFE PROJECT IN POLAND**

LINK starts the construction of gyms
within the framework of the Truckers Life project
– caring for the shape of professional drivers*



* **We sponsor open air gym:**
STATION BP BORDER (Location: Olszyna 68-212 Trzebiel,
province. Lubuskie, located on the road DK 18)