

# FINDING YOUR **FITNESS**

IMPROVE YOUR HABITS

## **SET MINI-GOALS.**

Small changes lead to massive rewards.

## **STRETCH MORE.**

Pay attention to posture to prevent stiffness and pain.

## **REST AND RECOVER.**

The body needs time to heal and recharge between workouts.

## **GET THE RIGHT FUEL.**

Proper hydration and nutrition before, during, and after exercise helps maximize performance and results.

## **SKIP THE WORKOUT - SOMETIMES.**

It's best to take a rest day when you need it.