

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.