

# VITALITY RECOVERY SYSTEM

Understand the body's mechanisms for homeostasis, and enhance the ability to return to a balanced state of mind, health, and strength.



## TIPS & STRATEGIES



### BUILD ROUTINES

Set bed times and wake up times. Don't eat too close to bed. Practice strategies that help you decompress.



### HYDRATE OFTEN

Keep a water bottle handy. Set a timer on your phone to help yourself stay on track.



### MOVE WITH A PURPOSE

Get a stretch, a walk, or a yoga session in. Movement can be one of the best tools for recovery.



### SLEEP IS KEY

Focus on sleep quality as well as sleep quantity. Reduce disruptions and create the best sleep environment for you.



### BE THOUGHTFUL

Take care of your body so your body will take care of you. Eat right, get rest, hydrate often, and reduce stress.