

VITALITY MOVEMENT SYSTEM

Understand how the body moves, prevent injury, and optimize your health, fitness, and performance.



TIPS & STRATEGIES



START SMALL AND BUILD YOUR WAY UP

Start with small obtainable goals to build confidence and consistency.



LISTEN TO YOUR BODY

Don't ignore the signs that your body is trying to tell you. Listen and make the necessary changes.



BE ADAPTABLE

Change is an inevitable part of growth. Welcome change and be flexible when faced with challenges.



STAY CONSISTENT

Consistency is more important than perfection. Keep showing up every day!



KEEP IT FUN

Walking with your dog, running with a friend, or playing a recreational sport you love - have fun!