

VITALITY RECOVERY SYSTEM



OVERVIEW

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

WHY DOES IT MATTER?



1 In 3 adults don't get enough sleep.



75% of Americans suffer from chronic dehydration.



Insufficient sleep has been linked to chronic diseases and conditions, including Type 2 Diabetes, cardiovascular disease, obesity, and depression.

Sources: Centers for Disease Control and Prevention, American Academy of Sleep Medicine, and U.S. Department of Health and Human Services.

BENEFITS

- Educate yourself on how the body repairs and recovers from stressors.
- Explore how homeostasis is achieved in the body.
- Understand what effects your recovery and how your recovery effects you.
- Discover the best recovery methods for you and how to implement them.
- Improve your bodies ability to recover and boost quality of life while reducing disease risk.

SO WHAT'S NEXT?

- Write out which recovery methods you do well with and which need improvement.
- Start with the most important things first (sleep, nutrition, hydration, stress management).
- Use the 3P Method to prioritize, plan, and pursue your recovery goals.

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EXPLORE YOUR PATH TO VITALITY