

FOCUS ON THE FEELING

@hebevaliantnutrition

STRESS



I MOVE BECAUSE IT HELPS REDUCE MY STRESS LEVELS

ENERGY



I MOVE BECAUSE I FEEL THAT I'VE GOT MORE ENERGY THROUGHOUT THE DAY + I FEEL MORE ALERT.

SLEEP



I MOVE BECAUSE I FEEL LIKE MY SLEEP IS IMPROVED, I FALL ASLEEP EASIER AND WAKE UP FEELING LESS GROGGY.

CONCENTRATION



I MOVE BECAUSE IT MAKES MY WORKDAY BETTER, I FEEL I CAN CONCENTRATE ON THINGS MORE EASILY.

MOOD



I MOVE BECAUSE IT IMPROVES MY MOOD.

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