FOCUS ON THE FEELING

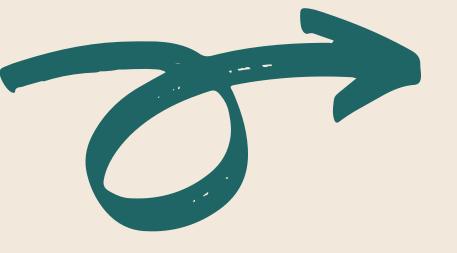
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STRESS



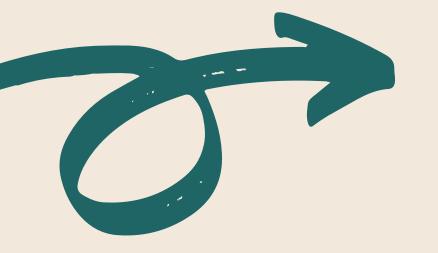
I MOVE BECAUSE IT HELPS REDUCE
MY STRESS LEVELS

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 grocky.

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.

FOCUS ON THE FEELING

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STRESS

ENERGY

SLEEP



MOOD