

Breathe – Sleep – Hydrate – Nourish – Move

Keeping the Body Active

Breathe:

Center – Energize – Calm

Sleep:

Cool – Dark – Quiet

Hydrate:

Eat – Drink – Move

Nourish:

Mind – Body – Soul

Move:

Connect – Tune In – Play

TARYN S. YOUNG, *Fitness Specialist*

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LIVE
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WELL.™

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