



doing what makes you stuck,
stressed, drained and sick.



doing what nourishes, strengthens, cleans, and
encourages the body to what it is does best!

Consider this antidote:

Inoculate yourself- use exercise as a vaccine to help prevent disease & give yourself a fitness vaccination. Expose your body to all sorts of movements that are every which way but tight & boring. Later, when that sort of exercise or memory of movement comes up your body has 'seen it' and you have a better chance of moving through it; rather than it biting you!

Build the Reserves. Act Now and Save Yourself later.