

5 fast things
you can do



to Feel
Better Today.

1) Utilize Exercise with Oxygen Therapy! This is one of the fastest most effective ways in the world to completely change your energy- both mentally and physiologically. The staff in The Renewal Center will suggest a protocol catered to your needs- whether your goal is bodily awareness, improving energy, recovering from illness or injury or physical conditioning- we can help you during this 20 minute session. **Book your free demo to learn more about Live O2.**

2) Resist any urge to reach for your device first thing in the morning. Instead- stand up and look outside your window. Research proves that looking into open spaces calms the parasympathetic nervous system versus looking at screens which activates the human fight or flight response aka the sympathetic nervous system. Switching this simple act can have a dramatic effect on the rest of your day.

3) Continue your "feel good" morning- drink 16 oz of room temperature water after your gaze. This stimulates digestion and is proved to have a positive effect on brain function and mood.

4) Use the Box Breathing technique. First reflect on your current state. Breath in for 4 seconds, hold for 4 seconds and breath out for four seconds. Repeat 4 times. Reflect on the positive change in energy.

5) Send a message to someone you love! A recent Harvard study concluded that personal connection is the #1 contributor to human happiness.



**Click here to schedule your
free LIVE O2 demo session**

Located inside Universal Athletic Club

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