

# Feeling **LOW** on **ENERGY?**



## **Boost your energy levels with these 3 hacks:**

1. Establish a morning ritual to start your day.  
Maybe a brisk walk or even 10 minutes outside in the fresh air and sunshine.
2. Stay well-hydrated throughout the day.
3. Fuel your body with balanced meals and snacks.

Now, how can we help you maintain high energy levels? Our modalities like Whole Body Vibration (Power Plate) and Exercise with Oxygen Therapy (LiveO2) are designed to boost energy, improve circulation, and support overall vitality.



Located inside  
Universal Athletic Club  
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**[Click here to schedule your FREE demo and experience a new level of energy.](#)**