

RECOVERY = RESILIENCE

REAL STRENGTH IS BUILT IN THE REST.

Wellness for Every Decade

Your body evolves, so should your recovery.

What you need in your 30s is different from what you will need in your 50s. That is why targeted wellness is key at every stage of life.

In your 30s: Build the Foundation

You're active and on-the-go. Prioritize recovery to avoid burnout

- Power Plate for strength and stability
- Bemer for energy and circulation
- Stretch to stay flexible

In your 40s: Balance and De-stress

Hormonal shifts and inflammation begin.

- NovoThor for sleep and inflammation
- Ballancer Pro for detox
- Massage chair to calm the nervous system

In your 50s+: Stay strong and Independent

Mobility and bone health matter most.

- Power Plate for bone density and balance
- LiveO² for brain and heart health
- Bemer and Ballancer Pro to keep blood and lymph flowing

Feel your best, no matter what age.
The right tools now = better health later.

Tips for Muscle Recovery

REST



Take a day off
and sleep well

FUEL



Hydrate and
eat protein

STRETCH



Try dynamic
stretches or yoga



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**Try The Renewal
Center Today!**

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your free demo session.**