



SLEEP DEEPLY

- Stick to a bedtime routine
- Turn off electronic devices
- Turn down the heat
- Toss and turn when needed



MOVE OFTEN

- Count your steps
- Get up regularly
- Stretch it out
- Join an exercise challenge



EAT WISELY

- Reach for fresh options
- Eat small and often
- Stop for lunch
- Track and adjust for energy requirements



RECOVER REGULARLY

- Take a break
- Power down and rest
- Breathe deeply
- Let your creativity run wild