

PREVENTING FATIGUE



Reward Yourself



Eat a Well
Balanced Diet



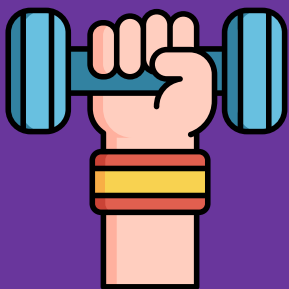
Rest and Recover



Use Correct Form



Stay Consistent
and Patient



Improve
Gradually

Prioritize Sleep



Drink More
Water



Intrinsic
Motivation

You are
DOING
GREAT



Corporate
Fitness
Works