

## LIVE FOR LIFE

### Recommended Daily Guidelines For Optimal Living:

- Live according to your “WHY” (Passion, Love and Legacy)
- Balance your thoughts and actions to best support your “WHY”
- Visualize and/or visit a beautiful peaceful outdoor nature environment
- Perform or observe a random act of kindness
- Share time, play and laugh with a friend, loved one and/or pet
- Restorative Sleep and Rest
- Relax and Be Grateful Eating Quality Real Food and Water
- Enjoy Physical Activity with Positive Self-Talk

Support your moment-to-moment process towards your “WHY” by being supportive of your mind/body with optimal resources and recovery fueling your change. The Pillars of long lasting change are: **Mindset, Recovery, Nutrition/Hydration, and Movement**. For further assistance see UpRight Movement's [Regeneration Guidelines](#).



**UPRIGHT MOVEMENT**

Defy Gravity