

NAVIGATING  
**movement**  
IN RECOVERY

**S**

**sustainable**

Movement is a journey,  
not a sprint to an end-goal

**P**

**playful**

Explore whatever sounds fun –  
dance, rollerblade, swim, etc.

**I**

**intuitive**

Are you tired? Rest. Excited?  
Play. Learn to trust you!

**F**

**flexible**

100% doesn't look the same  
everyday, and 100% is not needed  
everyday

**F**

**friendly**

Treat your body as a friend or teammate.  
It's doing its best to take care of you, and  
loves you exactly as you are



**CLARITY**

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