



your Vitality buddy™

Making the Whole You Fit for Life!™

Your Vitality Buddy Pocket Guide to Instant Vitality



www.YourVitalityBuddy.Com



Barbara Hoffer is Your Vitality Buddy. She has over 20 years' experience training and coaching others to do and be their best. With expertise in Yoga, Pilates, and Golf Conditioning, Barbara's passion is "helping others gain and maintain a healthier body at each stage of life."

Here are 12 ways to instantly increase your vitality!

1. At your breast plate, thump your thymus like Tarzan for 30 seconds to re-energize.
2. Laugh aloud, chuckling deeper as you go for 1 minute. Stop. Take deep breath; close eyes and mouth. Savor the effect.
3. For each 30 minutes you sit, get up for 5 minutes of stretching: to the sky, side to side, circle your arms, legs and hips, neck and shoulders in each direction
4. Reinvigorate your body and skin vitality with a 5 minute all over dry brush massage before shower
5. Make 3 brief 'Elevator Calls': "Hi_. I just wanted to hear your voice and let you know I'm thinking about you." Acknowledgement gives others a lift and you too!
6. Be Vitality to attract Vitality to you.
7. Lay down, feet on wall and above your heart level. Breathe deeply to relax. Ask your guides to help lift your vibration.
8. Take a nature break. Express thanks to Gaia for all you hear, see, feel, smell and taste.
9. Drink 2 cups of water to start your day. Hydrate often, drinking 6-8 glasses of cold or hot water with lemon daily
10. Play your favorite tunes or "The Happy Song;" Sing, dance, or move like no one's watching.
11. Comfortably sit with spine erect for Kapalabhati yogic breathing: Inhale deeply into nose. Pulling belly button to spine, pump abs quickly to expel all air through nostrils. Do 3X, 1minute each.
12. With mirror by your phone, smile as you talk; stand up to speak as your smile raises the vibration.

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