

# Revitalize You!™



## Realign with your heart and ignite your passion for life!

The fact is you can't eliminate stress from your life. The good news is you can learn how to manage and reverse the damage it can cause and realign with your heart to focus on what matters most to you. The Revitalize You! program provides simple, practical tools and techniques to reduce your stress, increase your vitality and improve your health and well-being.

This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives.

### What you will learn:

- To understand the relationship between emotions, stress, performance and health.
- To recognize and disengage from the negative impact stress has on your body and mind.
- To become skilled at the foundational techniques in the HeartMath System.
- To restore nervous system health.
- To increase resilience, vitality and feel better more often.
- To achieve clearer perspectives in difficult situations.
- To revitalize relationships.

*I used to think that stress was just a normal part of life and the work day. Through the HeartMath program I've learned that I have the ability to both avoid and defuse stressful situations in order to increase my health and make me a more productive team member.* -Paul Boice, RCA Director of Communications

The HeartMath *Revitalize You!* program is only available from a licensed HeartMath Provider.  
For more information contact your licensed HeartMath Provider.

