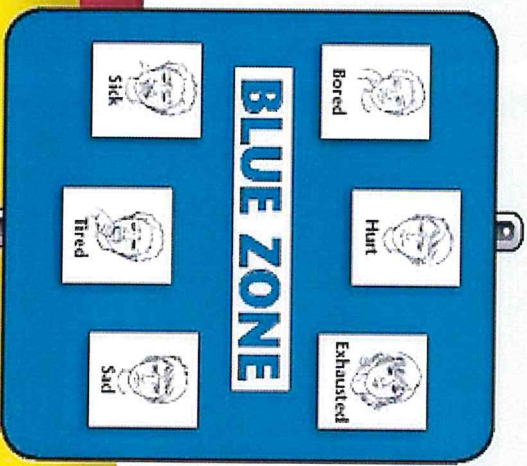
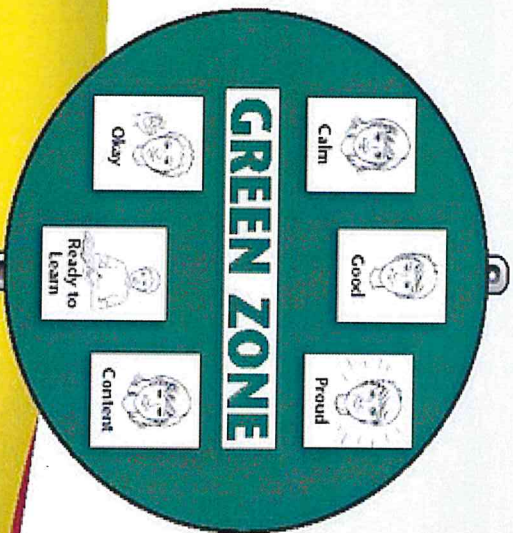


THE ZONES OF REGULATION®



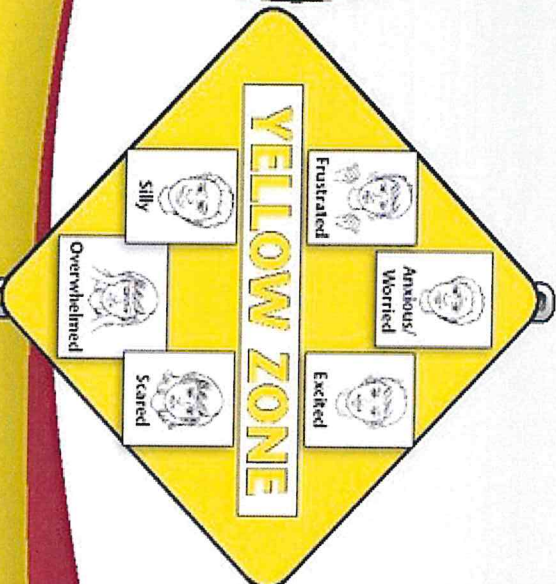
Blue Zone Tools

Stretch



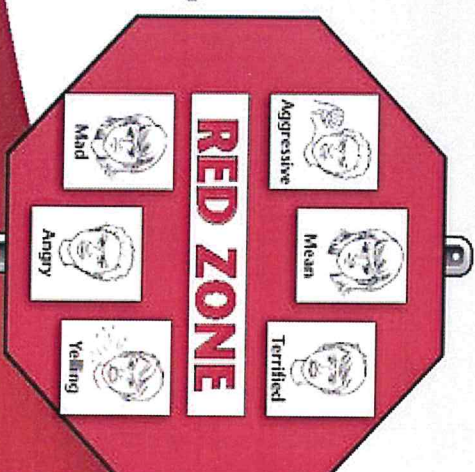
Green Zone Tools

Drink water



Yellow Zone Tools

Deep breaths



Red Zone Tools

Take a break
