

# The ReBuild Puzzle



## 1. ReVive

- The habit

## 2. ReCondition

- Joints
- Tendons
- Ligaments

## 3. ReFresh

- Muscle memory

## 4. ReClaim

- Our time
- Self-care
- Calendar real estate

## WHO IS REBUILD FOR?

- Anyone who thinks that Maintain might be too much right now
- Anyone who is coming back from a 6+ month period of not running (not just healing but reconditioning)
- Anyone who wants to maximize consistency during a tumultuous period of life



CHANGE

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