

# F I T

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Because compassion  
for capacity begins  
with understanding.

**F** | **Fluctuating** capacity  
is natural.

**I** | **Interdependence**  
is natural.

**T** | **Treat yourselves and  
others with compassion**  
for capacity.



Human capacity naturally fluctuates across environments, stress levels, sensory input, nervous system states, health, and support.

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**Treat yourselves and others with  
compassion for capacity.**

