

## 2009 Stressercise Training Results Snapshot

(To protect privacy organization/attendee names omitted)

### 2-Day "Change, Stress & Nutrition" Workshop

#### Attendee Feedback

#### "One-Word Adjective" – AFTER DAY ONE

#### Group 1

Power-packed content drew high interest & questions. Organization's meeting delayed start time. Momentum built for Day 2. Attendees appreciative for training & materials. Liked healthy snacks. High interaction & motivation in both groups. Not all sign-ups could attend due to other meetings.

1. **Insightful** – the vital importance of drinking water
2. **Helpful** – sleep tips & stretching
3. **Informative** – identifying & releasing stress
4. **Eye-Opening** – enjoyed the breathing exercises
5. **Excellent** – sleep module
6. **Informative** – breathing module
7. **Enlightening** – good information, no more sodas!
8. **Fun** – liked the breathing part
9. **Informative** – lots of good information
10. **Good information** – many healthy options offered
11. **Relaxed** – very relaxing training
12. **Doable** – the plan makes sense

#### Group 2 – 2-Day Training

1. **Educational** - covered everything, Rachel gets an A+
2. **Awesome** -nutritional factors concerning stress, avoid heavy meal before class
3. **Positive** – diet, nutrition & exercise, good info to assess all
4. **Great** – blood type info
5. **Extremely Helpful** – better perspective & clearer understanding
6. **Encouraging** – essential oils info, herb & tip for asthma
7. **Enjoyable** – great info, all TMA should take this class
8. **Fun** – management on hot flashes & stressercises at desk
9. **Outstanding** – breathing and desk exercises, can use this info "for life"
10. **Vital** – eating right kind of food for blood type
11. **Awesome** – the different types of oils for pain
12. **Helpful** – good info to consider, liked options
13. **Educational** – nutrition and everything
14. **Enlightening** – dairy & digestion connection
15. **Infectious** – liked the motivation
16. **Educational** – oils & blood type info
17. **Beneficial** – Top 3 Food Allergies info
18. **Tremendously Informative** – how destructive sugar is to the body
19. **Comprehensive** – importance of posture
20. **Interesting** – oils info, nice smells, helpful to de-stress
21. **One attendee had to leave before exercise finished**

## Stressercise Training Results:

### **Positive Outcomes from WEEK ONE to TWO MONTHS:**

Listed below are a few of the changes shared with us from the location:

- **Weight loss from 3 lbs to 10 lbs** - "Congrats to Suzan at 10 ...tied Ann in \_\_\_\_\_!"
- During transition and stressful times coping tools learned were/are helpful
- **Increased water intake cutting fatigue & boosting workplace alertness**
- Diet changes - **eating healthier food/snacks** both on-the-job & at home
- Sharing learned info and tips with family members
- **Increasing more daily activity from walking to weight training**
- Experiencing **increased energy levels**, more productive with less fatigue during the workday.
- With **raised awareness looking for new ways to apply tools** learned both on and off the job
- From the supplement suggestions offered, **better sleep attained** heightening **next day's efficiency rate**.

"You cannot make time, you can only make choices." - John F. Kennedy

## **ONE-YEAR Stressercise Training Results Summation with Individual Attendee Progress Reports:**

### Measurable Results:

- **Two attendees lost 10 lbs: one in the first 2 months.** Attendee since retired, so we could no longer track. The second attendee lost 10 lbs & has maintained it, to date 11 months. She also helped her mother to change eating habits, adding more fruits & vegetables. Her doctor recently reported her mother **no longer had a Type 2 Diabetes diagnosis**. One attendee was inspired to successfully **quit smoking after an 18 yr smoking habit**. Also quit soda pop & switched to water.
- Several others have reported positive diet, exercise & workplace changes. **On-the-job fatigue levels cut** from increased water intake, at-the-desk Stressercise stretches, & the Stressercise Protein Shakes.
- As agreed, attendees reported still faithfully using the blender gifted them.
- **Most voiced change – wellness awareness significantly raised.** Both immediate & long-term benefits experienced.
- Stressercise Staff follow-on, noted \_\_\_\_\_ **personnel's appreciative comments** for Headquarters providing the training. Several said they had not had this kind of training before and it served as an **eye-opener and helpful jump start**.
- Follow-on check-ups & encouragement was useful & several voiced **refresher workshop would be helpful**.
- **HR Support: Strong On-site HR support** noted factor **for enthusiastic personnel response & results**.

## Headquarters “Next Steps”

Fitness tools i.e. fun walks, distribution of pedometers, implementation of healthy staff competitions, all excellent steps and follow-on reinforcement for Stressercise Training. SFL highly commends organizations’ escalated wellness promotion and active support role to encourage healthy lifestyle & workplace positive change. **Evidence noted throughout organization.**

## Stressercise Training One-Year Attendee Progress Reports:

July 15, 2010

Hello Rachel,

I would like to thank you for the outstanding training that you conducted at the (Organization’s name omitted)

- I have been referring back to your Stressercise for Life class over and over again during the past several months and slowly making changes that you recommended and I feel much better.
- When I went to the class I was having a problem with pain in my knee and you showed us that we can use different essential oils that are used in different combinations for different ailments. You showed me one combination that you put on my knee and after a few minutes my knee was feeling much better and to date I have not had that much pain since.
- You also discussed other natural treatments, like Glucosamine and Chondroitin which I tried and also the ice. Even though I have not tried the oils yet, my knees feel much better.
- I’ve started a walking program and would like to maybe run but that is for another day. I am drinking more water during the day, a minimum of 4 pints, and I feel much better.
- It was not only the training or exchange of information that you provided during the class but you have followed up and kept in contact to answer questions or provide additional information as needed.
- This was a great class and I wish that the exercise/stretching part had been included.
- I have not tried all of the things that you told us about like eating or not eating certain foods based upon your blood type but that is for another day.

The race is a journey and not a sprint. I would highly recommend this class and if you come back to \_\_\_\_\_, try to present the exercise portion too.

Thank you for the great class and your enthusiasm and help.

O.

July 30, 2010

Hi Rachel,

Sorry I haven't written you sooner. You're right the hours do seem to evaporate. Since your Stressercise program at \_\_\_\_\_ last year. I have had some huge personal successes!

-I QUIT smoking! After 18 years of smoking I finally quit!

-I had back surgery, but with a fun exercise program I'm back up on my feet.

-I'm starting to lose weight! I've even dropped a pants size!

-I gave up pop! I'll have one every few weeks, but it's mostly water now. I even have like 3 different water bottles to take with me where ever I go. (Healthy and fashionable)

Because I feel so good about the success I've had I want to pass it on to my friends and family.

-I push my Mom to help motivate her.

-I got my girlfriend hooked on the peanut butter balance bars. (we snack on those instead of cookies.)

-I've gotten my husband to seriously cut back on the amount of pop he drinks, and made him drink more water.

-Finally, especially because of my husband's celiac disease I've taught lots of people about gluten intolerance and have found lots of new gluten free products and recipes.

I hope that this email finds you well, and thank you for your program. It truly is life changing.

Sincerely,

L.

August 2, 2010

Hello Rachel,

Just a quick note to let you know how the Stressercise Training has not only helped me tremendously, but it also has helped me to get my mother on the right track.

The following things have occurred since I attended the class:

I have lost 10 lbs (and still losing)

I eat a lot healthier (more fruit, vegetables, beans, nuts, legumes etc.)

I exercise more (I have incorporated some of the exercise I learned in class in my daily workout regimen and am more flexible)

I have reduced my stress at the workplace probably by 20%.

My mother a diabetic for over 20 years was recently told by her physician that she's no longer a diabetic.

This is due by me cooking smarter (cutting out food high in sugar, eating more lean meat, and eating plenty of fruits and vegetables.)

Thanks Rachel for your expertise and all the good information you passed on to \_\_\_\_\_. Hope you will be coming back soon.

Thanks,  
M.