

“Tune Up Your Temple”

We are requesting your feedback...



_____ is excited about the opportunity to host a Spring Health Enhancement and Stress Management Workshop. The workshop would equip you with a comprehensive program to help "tune up your temple", increase your energy, and deal more effectively with day-to-day stress.

“Do you not know that your body is a temple of the Holy Spirit,
...therefore honor God with your body.”

– 1 Corinthians 6:19

STRESSERCISE for Life was Christ-founded in 1985 and has had a profound positive effect on countless people's lives and workplaces. The program is proven with over twenty years of demonstrated positive outcomes for:

- Permanent Weight Loss
- Increased Energy
- Increased Workplace Productivity
- Reduction of Stress
- Better Overall Health
- Enhanced Communication & Coping Skills

Top-Rated Workshop Topics:

- Proven step-by-step approach to increase energy
- Aids to curb food cravings (carbohydrates, chocolate, alcohol & sugar) & stabilize mood swings
- 3 must-haves for permanent weight loss & lifetime how-to anchors
- Formulas to fight fatigue, calm anxiety, ease indigestion & aid insomnia
- Commonsense arguments to systematically change bad habits
- Communication and coping skills to ease on or off-the-job stress
- Easy-to-perform ***STRESSERCISE for Life*** stress-relieving stretches

Feedback from Past Participants:

- “This is a program I can and want to live for a lifetime!”
- “This program enabled me to incorporate the tools into my day, making me more likely to stay with it.”
- “I know that the #1 reason people succeed with any program is the ability to be consistent. Finally, a program that inspired me “to want” to do it.”
- “I love that it's customized for the individual - Not a “one size fits all” like other programs I've tried.”
- “Well-researched - with commonsense insights that work! I don't miss counting calories, measuring fat grams, having to remember lengthy instructions, etc. etc.”
- “This program is an education. It's like I just got the “cliff notes” for health.”
- “The program just made sense. Several of my co-workers and me formed mini support groups to help us anchor the principles into our daily lives and workplaces.”

***** Please show your interest by signing up at the information counter in the lobby *****