

# *STRESSERCISE* A PROVEN PROGRAM *for Life*

---

## *Welcoming Invitation*

I would like to extend a special welcome to each participant attending the upcoming Change, Stress & Nutrition Workshop. Knowing the rigorous pace and demands of your daily schedules, and how personal needs vary, we welcome and encourage any specific workshop requests/expectations from any of you, prior to the day of the workshop.

Incorporating your individual requests, the day will be fun and filled with many helpful tips and tools to enhance your own individual health program, as well as, increase your daily workplace efficiency. We are excited to share this information with you.

Sincerely,  
*Rachel Rolfes*



*“A journey of a thousand miles begins with the first step”*

*-Chinese Proverb*

*See you there!*



## **Change, Stress & Nutrition Workshop**

### **Pre-Workshop Instructions**

**STRESSERCISE™ for Life** post-workshop findings have specifically identified the *nutrition section* of the “**The Top Efficiency Formula,**” as the most highly valued and utilized section by previous workshop attendees. This information is profoundly effective in heightening participant’s energy, efficiency, and productivity levels. Due to this consistent finding a large part of the morning session is devoted to this component.

Feedback was expressed to us through ongoing workshop evaluations, as well as post-workshop follow-up phone conversations and e-mails.

*A healthy and strong body is imperative for a clear and focused mind.*

If you have or can obtain your blood type prior to the workshop it will be helpful, during one of the segments to enhance the understanding of your individual body makeup and expedite the results of your post workshop action plan. You can attain this information by the following:

1. Call your doctor’s office and they should have it on file.
2. Get blood type kit from your local health food store, least expensive kit is \$10.99.
3. Give blood.

### **Helpful Things to Know:**

Energy levels are higher in the earlier part of the day, so AM session will be longer (9-12:30). Please bring two bottles of water and your favorite snack to keep your body’s energy levels high and your mind clear and alert.

Healthy Snack Tasting will also be provided.

Dress in layers, temperatures vary and can sometimes be colder or warmer than expected. The body is stressed when it is not at its optimum temperature.

Wear comfortable clothing. Participants will be engaged and actively involved (optional) throughout the day in participation, and easy tension-releasing stretches.