

Destiny Management
The Final Edge to Metabolic Control™
Enhancing lifestyles through proven wellness and fitness systems™

Wellness Tips

To help you get through the demands of your schedule, we've devised a quick list of stress-busting techniques to work from.

Exercise

Any activity that encourages you to un-tie your focus for a couple of minutes is a great way to get a fresh blood supply to your exhausted brain. Exercise also strengthens muscles, which helps to keep them relaxed when at work.

Eat Well

When stress is pushing the needle into the red, don't compound matters by fueling with the low-octane stuff. Now, more than ever, eat balanced, low-fat, mini-meals as often as possible. The high-fat and sugar laden foods only accentuate the energy highs and lows - so stick with balanced sandwiches or yogurts for sustenance every 2½ to 4 hours.

Quickies

Incorporate quick relaxation techniques such as taking 20 seconds to employ 5 deep breaths to relax and reoxygenate your system. You should feel a sense of calm and composure -- and ready for the next angst of the day.

Re-group

Re-group with a list. When demands stockpile and life begins to seem like no fun, immediately set aside 15 minutes for a priority session. Grab a scratchpad and as quickly as you can, scribble down every last demand plaguing you. *Nothing is too trivial!* Once you have the list, number the items in order of importance. Then transfer those items in order into your planner. A sense of control should be coming on now!

Change perceptions

When faced with a demanding to-do list, successful producers become motivated when other's become frazzled. There are 2 types of stress:

Distress - the kind of stress that causes disease and illness.

Eustress - the kind that motivates and allows for progression and change.

Input can be perceived as either type of stress. For example, the input could be a lost account or relationship. Distress is becoming apathetic and focusing on the loss. Change these thoughts to eustress - call the account or person to find out why they left and brainstorm creative ideas to get them back!

For further details, or if you have any questions, please contact us anytime. Remember, you can have "The Final Edge to Metabolic Control™."

Destiny Management
The Final Edge to Metabolic Control™
Enhancing lifestyles through proven wellness and fitness systems™

Please review our business at: [Yelp](#) [City Search](#) [Google +](#)
[Angie's List](#)

We are proud winners of the 2016 THE SPECTRUM AWARD FOR EXCELLENCE IN CUSTOMER SERVICE. View our Spectrum Award [here](#).

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a class with me today. Use the promotional code “trainerly20” to save 20% off any service.



[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook/Connect with us on LinkedIn/Follow us on Twitter](#)
[Follow us on Google+/Pinterest/Instagram](#)

(Hold down the Ctrl key & click the underlined words or logos)
Make sure to forward to friends and followers.