

How Do You Unwind?

You've probably asked yourself that, too. Here are three slow-down strategies that you can try:

1. "Hit the pause button," a mentor once said to me. Taking a moment to slow down is not just about relaxing, it's about taking important business goals one thoughtful step at a time.
2. Exercise. It feels counter-intuitive some days, when you're already running around, but you'll always be amazed at how some strenuous activity helps my mind reboot.
3. Be social. Often, connecting with friends or family is the necessary step in getting centered and refueling for tomorrow's to-dos.

Let us know any successful strategies you may have. Please schedule a free consultation using the link below to speak with someone in person.

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

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 free class with me today.



Your suggestions are appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

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