



EVOLVE TO FIT



"UNLEASH Your Potential: How To Evolve To Fit Your BEST LIFE"



"10 Strategies for High-Performing Professionals to Reduce Stress and Thrive"

- Exercise regularly: Regular exercise is a crucial component for a successful and healthy lifestyle. Set aside at least 30 minutes of moderate-intensity exercise, such as brisk walking or cycling, most days of the week. Or, just come to class. 😊
- Practice mindfulness: Mindfulness is a valuable tool to reduce stress and cultivate inner peace. Take a few minutes each day to focus on the present moment, ESPECIALLY during stressful moments.
- Get enough sleep: Sleep is vital to maintain optimal performance and well-being. Make sure to get at least 7-8 hours of sleep each night and establish a regular

*The latest on
this week's issue:*

PODCAST OF THE WEEK:

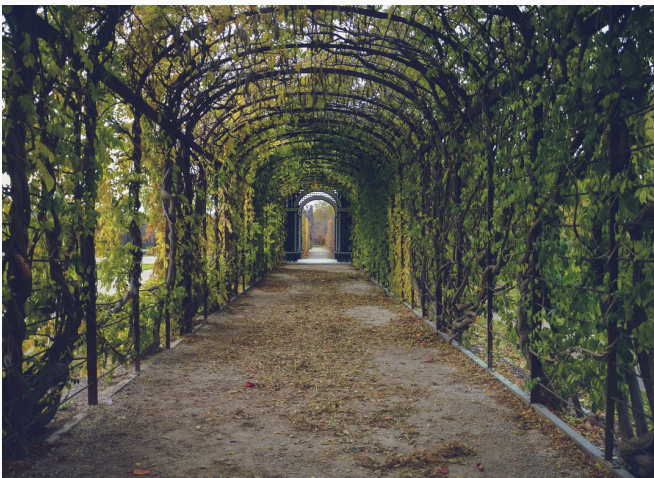
"FEMALE HORMONE
OPTIMIZATION"

Pressure Cooker
Deliciousness RECIPE OF
THE WEEK: Easy Adobo
Chicken

Watch Our Student Kam
Develop His Muscle-Up In
REAL TIME!

sleep routine. More on this in the next issue.

- **Connect with others:** Strong social connections are essential. Invest time in your relationships and enjoy the growth of meaningful connections. Who you surround yourself with MATTERS. Our community is filled with people you would like to be around (mostly 😊).



- **Practice relaxation techniques:** Relaxation techniques, such as deep breathing or progressive muscle relaxation, are an effective way to manage stress. By taking a few minutes each day to focus on your breathing or to release muscle tension, you can refresh yourself. Remember, we have classes for this 😊

- **Make time for hobbies and interests:** Pursuing hobbies and interests is a great way to reduce stress and boost happiness. Nourish your passions and enjoy the benefits of doing things you love.

- **Be honest with yourself and others:** Honesty is a crucial aspect of stress management. By being truthful with yourself and others, you can prevent stress from building up and reduce the chance of stress-related harm.

- **Practice good self-care:** Good self-care involves taking care of your physical, emotional, and mental well-being. This includes activities like eating a balanced diet, drinking plenty of water, and getting enough sleep.

- **Learn to set boundaries:** Setting boundaries is an important aspect of self-care. By saying 'no' when you need to and learning to set healthy limits, you can reduce stress and create a more balanced life.



Just remember, we are ALWAYS here to help. From Nutrition, Mindfully Prescribed Training, and a patient ear, to a community of just REALLY nice, cool and talented people from all backgrounds, we got you.

- **Take control of your environment:** A cluttered environment can be a source of stress, so remove what is unnecessary and create YOUR peaceful space.

Just as it takes effort to maintain a healthy lifestyle, managing stress requires effort and practice.

Remember, you are in control of your own life, and it is up to you to create a healthy and thriving environment.