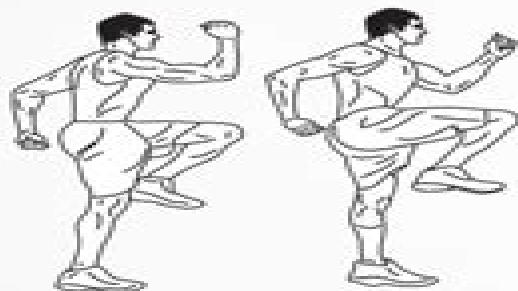


5-MINUTE WALK

WORKOUT by DAREBEE © darebee.com

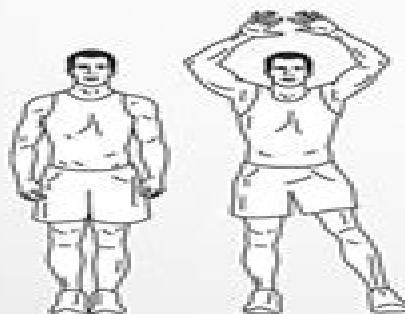


60sec march steps

15sec step jacks

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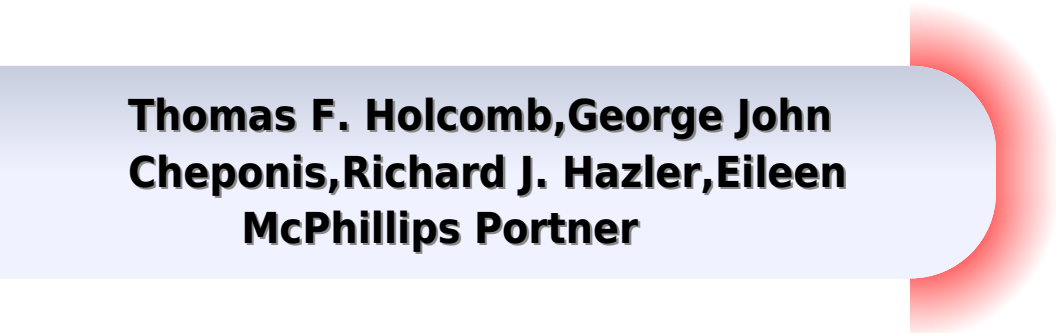
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**Thomas F. Holcomb, George John
Cheponis, Richard J. Hazler, Eileen
McPhillips Portner**



Stressbusters Five Minute Mabage Quick:

Stress Busting Through Personal Empowerment Thomas F. Holcomb, George John Cheponis, Richard J. Hazler, Eileen McPhillips Portner, 2013-08-21 Excessive stress has become one of the world's leading health hazards taking its toll on loved ones, friends and co-workers. Through books, magazines and newspaper articles, people are constantly exposed to the problem but are not shown how to affect their own personal solution. Hard work, commitment and personalisation of problem areas are the keys to successful stress busting. Showing how to do the necessary work in a personalised format, this workbook provides varied exercises to help reach the goal of mastering stress. The authors feel that every individual can develop Personal Empowerment Skills: basic talents, abilities and coping strategies that everyone has at their personal disposal once they realise they are responsible and in control of their lives.

Five-Minute Healer Jane Alexander, 2000 For busy people who want to maximize their health and vitality without revamping their daily schedules, this beautifully illustrated guide offers quick tricks for boosting energy, feeling your best and looking terrific. Full color photos, illustrations.

The Stress Management Kit Alix Needham, 2003-03-01 Stress management pioneer Alix Needham shares a proven program for managing, controlling and overcoming the negative effects of stress on self-image and relationships and improving resistance to stress-related illnesses. A book, a meditation CD and sticky Stressdots to help you pay attention to your stress level everything you need to rein in your stress and harness it into a positive force. The book teaches how to identify stress and its causes, concisely explains what happens physiologically during periods of stress and shares techniques to turn stress into a positive force in your life with questionnaires to help understand stress, breathing exercises, instructions for keeping and using a stress diary, suggestions about diet and lifestyle help setting realistic life goals. The Stress Management Kit includes two essential tools to help readers successfully implement the techniques they read: an audio CD in which author Alix Needham leads readers in guided relaxation meditations and Stressdots, small adhesive discs that when stuck to the wrist change color to reflect stress level. Stressdots are invaluable in helping monitor causes of stress. The Stress Management Kit comes with two Stressdots and information on how to get more. The Stress Management Kit offers readers a proven, dynamic, multi-pronged approach to effective stress management.

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