

# The Suit Magazine

TUESDAY, DEC. 20, 2011 - BY ALTAMESE OSBORNE

## Business Health



Profitable Peace of Mind

A wellness and relaxation program is not just about cutting stress; it's about the bottom line...

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This is an issue no company can afford to neglect—when employees are healthy and motivated, productivity skyrockets.

Rachel Rolfes is resolute. Rolfes' company, [STRESSERCISE for Life™](#), founded in 1985, provides customized corporate and individual wellness programs. Tested over two decades, the offerings reduce stress and boost energy and efficiency levels through workshops, keynotes, and personal coaching.

Ironically, the birth of STRESSERCISE came as a result of a very stressful personal situation. Rolfes' employer of almost 12 years closed its doors, offering no severance. Exhausted but steadied by her faith, she was surprised to find rejuvenation in hatha yoga. Excited, she became certified. After following a blended wellness program she devised, Rolfes lost a total of 30 pounds. Believing wholeheartedly, she went back to share her refreshing package with corporate colleagues. Some didn't get the yoga connection, but most could relate to the idea: exercise your stress away. That's how the name [STRESSERCISE](#) was born. Rolfes said, "I saw a crucial need that wasn't being met. Hard-driving executives had their 'to-do' list down, but they didn't see the value or have a clue how to relax."

Rolfes blended proven components—proper nutrition, stress management, relaxation and much more into a fun two-day workshop called 'Change, Stress and Nutrition.' "We get results that last," she said. Key factors include a proven program, a talented staff and a custom-designed high-tech teaching tool—valued by industry experts at over \$200,000—to engage attendees.

26 years later, [STRESSERCISE](#) is rejuvenating businesses across the nation. They serve a diverse group of clients—from the Coors Brewing Company to TRICARE Management to the U.S. Department of Homeland Security—and all confirm long-term results. Rolfes is ready for continued expansion. "I think if you stay open, sometimes God brings opportunities that you never would have imagined."

For more information, please visit: [www.stresserciseforlife.com](http://www.stresserciseforlife.com)

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