

## TRICARE Mgmt Activity, AURORA, CO JUNE 2009' Stressercise Training Results

### INDIVIDUAL ATTENDEE RESULTS – AFTER 4 MO & 1.5 Years:

- **“I am down 10 lb. from the workshop in June.** Thank for staying in touch. Work has been very busy for me lately. I just got back from a stressful business trip. I must say the deep breathing exercises you taught us really worked. I utilized several tools and I also chose to walk most of the time on my trip and when I got back, I had lost weight (which is unusual when dining out for 2 1/2 weeks). I have been keeping up most of my "good" habits, after a relook at the list that I made back in June to remind myself of things I may have forgotten. I will certainly recommend your upcoming workshop to several of my colleagues. Thanks again Rachel” – **Ann**      **Update: As of 8/31/2010 lost 15 lbs total.**
  - **“I am sleeping much better since the workshop in June.** I took several supplements you suggested with good success. Being a B blood type I decided to cut chicken out of my diet. I feel much better and am no longer experiencing digestive challenges. From attending the workshop, I have better health and my energy and on-the- job efficiency has increased. I also got my 9 yr old on a good multi-vitamin. You are a great motivator and very knowledgeable about your craft. Thanks again for your help from the workshop and taking my phone call. Your suggestions were timely & helpful. I will tell others it is well worth their time and to sign-up for your next workshop coming up October 27th & 28th!”– **Bridget**
  - **“I have and am applying many of the things from the workshop, especially the on-the-job stress mgmt. techniques. My wife and I have lost weight. She lost 25lb. We have changed many of our diet pieces.** Over the years I have learned so many tips. Each workshop, I learn something new. Thanks so much for all your help Rachel. The results gained, plus your motivating energy and delivery keeps me returning. Be assured, I will be telling others. I am convinced keeping ourselves equipped with proven productivity-enhancing strategies is not only smart, it is vital to keep the edge in today's complex workplace. The sound health information and the tested tips you offer, combined with their long-term effectiveness definitely sets this training apart” – **Ken**
  - **“I am excited to report I have lost 10 lbs to date & am still losing. I have cut the carbs significantly & have been mindful to put in place several other workshop tips. Thanks Rachel for staying in touch over the years from earlier workshops & cheering me on. All the great information has really been helpful.** The health suggestions you made for my 85-year old mother have really eased my mind. She has continued to practice them & rebuilt her health stronger. As her last exam, her doctor reported her test numbers significantly lowered. My family & I have put a lot of the tasty snacks & healthy supplement suggestions into our daily lives with good results. With all of us being so busy, thanks for keeping it simple & making it fun.” – **Deb**
-

## TRICARE, Aurora One-Word Attendee Adjective CSN Workshop 10-27&28-09 Snow Day – 11-13-09

Motivated & grateful group. Content useful. Several already implemented changes from first day training. Group rescheduled from snow day. High interest/group participation. Time ran out, only time for one-word wrap-up. Several committed to making permanent lifestyle/ workplace changes.

- **Inspiring – J.**
- **Informative – L.**
- **Educational – J.**
- **Challenging – B.**
- **Enlightening – M.**
- **Supportive –T.**
- **Awesome – B.**
- **Informative – V.**
- **Change – M.**
- **Informative – D.**

### Measurable Results –

- Three attendees two from June 09 and one from October 09 training reported back to us they had lost 10 lbs and have kept it off to date.
- In addition, other lifestyle habits incorporated: increased water intake, eating more fruits & vegetables, stressercises and walking daily.
- Implemented Stressercise tip “Walk&Talks”, into their lives and business trips.
- Great feedback from attendees for on-site HR support – excellent: prior, encouraging personnel to sign-up to give themselves time to re-energize & learn helpful info & tools; during & after, putting learned changes in place.

## TRICARE, Aurora, CO Stressercise Training Results:

It has resulted in the following specific results:

- **weight losses of 10 lbs. and more** after following some common-sense approaches
- **increased job performance** from step-by-step sleep solutions, effective stress-reduction strategies, tools & at-the-desk stressercises
- **better food choices & snacks**
- **SFL protein shakes for lunch**, resulting in less fatigue in afternoon work hours
- **increased physical activity and exercise workouts** to improve alertness
- **support and ongoing use of post-workshop aids** - CSN workshop syllabi, handbook and resource books
- **increased on-the-job cohesiveness** due to individual health gains
- **share results** contributing to other family members and friends jumping on the band wagon to make changes in their lifestyle
- **eating right for your blood type**, that offers explanations to why certain food anomalies affect the way they feel

***STRESSERCISE for Life*** programs are comprehensive and time-proven programs. The training has resulted in many positive changes, demonstrated in the lives & workplaces of the personnel throughout TMA. Below find a few selected attendee comments.

---

### **Attendee Letter of Appreciation**

Hi Monica,

I just want to let you know how much I enjoyed the "Stressercise" course; and, to thank you personally for encouraging me to attend. Without your words of encouragement ("Why not take some time for yourself?"), I probably wouldn't have given myself permission to go. Also, thanks for your part in making this course available to employees in Aurora, & for EVERYTHING you do.

I also wanted to share some of my thoughts about this course and the instructor, Rachel Rolfes.

This course provided valuable information and gave me many different tools to use to handle stress in my daily life. I thought Rachel was extremely knowledgeable about the subject matter, and I could feel the passion she has for helping others live healthier and happier lives. She also seems to live what she teaches. What I mean by this is that she "walks the talk"; which for me, gives both her and the information she imparts extreme creditability.

I know the knowledge I've gained from attending this course will benefit me both personally and professionally. In fact, it already has and I haven't even applied half of what I've learned. I now understand, for example, what an important aspect proper nutrition is in being able to appropriately deal with stress. I now understand more fully how what I eat affects not only how my body looks and feels, but also how well my brain functions. This awareness has empowered me to make some simple changes in my diet that I truly believe will assist me in living a healthier, happier and more productive life. I know that I am a better person and a better TMA employee because of attending this course.

Thanks for allowing me to express my thoughts. Could you please forward this email to anyone in Washington D.C. who had a part in making this course happen. I just want everyone who was involved to know how much I appreciate this.

Thanks, Monica!  
B.

**Attendee E-mail  
November 09, 2005**

I was originally skeptical about the blood type influences on diet and health. I have found since that there is truth to it. I found that I require a greater proportion of protein. I feel better with more protein. I have also had wonderful benefits with flax seed and flax oil from Rachel's teachings. I love that she focuses on the health of the colon because I believe that a great deal of illness begins with a sluggish colon. She started me on acidophilus and it has proven to be very beneficial. She also introduced me to Green foods and trace minerals. All these things put together have taken my energy level from exhausted to energetic.

L.

**Attendee E-mail  
December 1, 2009**

**Sent: Tuesday, December 01, 2009 7:37 AM**

To: rachel@stresserciseforlife.com

Subject:

Hello, Rachel Just wanted to let you know I did walk after Thanksgiving dinner. I have also taken a few small steps to change my dietary habits  
- drinking more water, and increasing my servings of fruits and vegetables every day. I still have some other things I want to try, but I think I'm moving in the right direction.

J.

**6 mo Follow-on**

**7/22/10** - Continuing to make dietary changes, eating more natural foods, less canned. Less red meat & more fish. Concern: to keep bones strong. Suggested strength training, said she has thought about it & appreciated the reminder. Grateful for training.