

## **April 2010 Stressercise Training Progress Report: At 3 months**

### **My “Master Plan” is in place with many positive changes.**

Here are some things I have incorporated into my plan and daily routine since the Stressercise Training in early April 2010:

- Reduction in sodium intake (not eating foods such as pickles and pretzels—high in sodium).
- Increased intensity of running (more intense training sessions to prepare for races).
- **Increased frequency of stretching to prevent injury.**
- Increased intake of yogurt.
- Moderate increase in consumption of fresh fruit and vegetable (maybe 25%).
- **Approx. 90% reduction in intake of soda.**
- Increased consumption of water (an additional large glass every day).
- Switched to more nutritious whole grain bread instead of white bread.
- Used the CSN syllabus, handbook & resource books for extra support and information.
- Appreciated the resource books from the workshop and follow-on website updates you sent. They have given both my wife and me additional things to consider and try.

**I am grateful to you and your staff for offering the Stressercise Training on site. The workshop was useful and fun.** I really appreciated the follow-on calls. Thanks for the encouragement. It helped! - **Steve**

### **Blood Type Information helpful for more energy.**

**Please extend to your wonderful assistants my sincerest thanks and appreciation** for augmenting so nicely your superb two day workshop in April 2010.

-After further assessing the blood type presentation information and readings, **I made modifications to my diet and eating habits** consistent with my blood type, and have **experienced more energy.**

-Several of my colleagues shared with me that **they continue practicing both the exercise and dietary alternative options you so clearly and enthusiastically introduced.** Thanks again- **Mark**

### **The Stressercise Training definitely made an impact in my life and workplace!**

- The most important take-away from the Stressercise Training completed in April 2010 is **that water needs to be my beverage of choice.**
- Since your training, I have only had one or two soda pops.
- Increased my fish intake, cut down on red meat & gluten products, reading more labels.
- **I also was inspired to put my desk and workplace in order.** Now, every day I leave with a clean desk. My supervisor seemed impressed & a couple of colleagues asked me if I am moving.
- I thought the workshop was very informative and interesting. It opened my mind to new ideas and possibilities.
- The stressercises **were great to learn & I have a printout/reminder on my office wall** as a reminder. Several of us use them at the desk or while we are walking during our work days. Helps, as you say, to keep our blood moving I can certainly feel the difference.
- Initially, **I lost 5 lbs. just changing my diet,** now that I am using the treadmill and walking the stairs, I gained some of the weight back, but it seems to have re-distributed and I still get into a lower size. **Thanks - Chris**

## Positive Outcomes from first week to 2 months:

- several have **made significant nutritional changes, i.e. cut sugar, soda pop, salt.** increased fruits & vegetable intake; appreciated comprehensive & varied training options
- several drinking more water & seeing the **noted difference in their fatigue level**
- others shared the information & have teamed up with willing co-workers, family members and friends, incorporating, **gluten-free & blood-type diet suggestions**
- some were motivated to **restart their workout routines** & felt the immediate benefit
- many have praised the **positive difference felt from At-The-Desk Stressercise Stretches** & have incorporated them into their daily workplace & travel schedules
- others are utilizing the CSN Syllabi & Handbook and **locating additional answers** from reading the resource follow-on books
- two shared they **put their master action "plans in place"** & have already noted positive results: weight loss, cleaner desks, calmer dispositions & more focused thinking
- after 2-3 wks, **three lost 4 lbs following the Blood Type Diet** and several more very grateful for **improved digestion**
- one cleared out area for weight room at home and putting additional tips into action
- several said the workshop served as a **great reminder and boost** to get them focused / refocused on their personal health & **were very grateful for the personalized training**

### April 2010 Stressercise Training 2- Day "Change, Stress & Nutrition Workshop" Attendee Feedback "One-Word Adjective" – After Day One

1. **Informative** – Especially the breathing techniques
2. **Living more naturally** – Making changes (health) incrementally; the eye relaxation technique
3. **Natural** – Natural (health) fixes vs. taking a pill
4. **Refreshing** – Using peppermint essential oil to open sinuses; worked quickly & stayed open
5. **Enjoyed the Breathing exercises**
6. **Helpful** – The exercises and stretches
7. **Going natural** – The taste testing, especially the chips
8. **Very informative** – Brought a lot of things together

9. **Helpful** – Liked the presentation was about information, not guilt.  
Educated to make choices
10. **Good information** – Learned benefits for increasing magnesium
11. **Helpful** – Learned to be more aware (regarding personal health)
12. **Invigorating** – Promotes greater awareness of sodium, fat
13. **Inspirational** – Appreciated magnesium supplement info; able to put words into action
14. **Encouraging, especially to help encourage one another** – Enjoyed the essential oils information, the snacks, the group environment and the relaxed setting
15. **Enlightening** – Regarding what your needs are and what to do; the stretching exercises; the essential oils
16. **Interesting** – Particularly the nutritional portion
17. **Informative** – Essential oils, as well as the magnesium, calcium & Vitamin D info.
18. **Fun** – Enjoyed the group environment & exercises, especially the Stressercise Stance
19. **Glad** – Glad to attend and to be present; enjoyed the tasty snacks
20. **Useful** – Information not thought about before, e.g. the sodium, & blood type info
21. **Enlightening** – Enjoyed the essential oils and their specific uses, the nutrition part; this stress workshop is more fun than other workshops and not dry
22. **Knowledgeable and Helpful** – Re-enforces what I'm doing
23. **Appreciative** – For all the tools to bring balance
24. **Enlightening and Informative** – Re: the choices given for the essential oils, foods & protein
25. **Awareness** - Appreciate all the snacks, introduced a lot that is healthy; liked the visual aids
26. **Good reminders** – For healthy choices, Stressercise & breathing exercises
27. **Enlightening** – Re-enforces what my wife & I are doing at home; helped provide information; Liked emphasis key factor in health is moderation
28. **Diverse** – Appreciates the broad spectrum approach, the blood typing information, the essential oils, and the postural associations – & that breathing comes from posture
29. **Challenging** – meaning it challenges us to think outside the box & about the alternative options; the simplicity of the importance of pure water
30. **Intriguing** – Causes me to read more about good health
31. **Holistic** – Gutsy in today's culture regarding the holistic approach
32. **Affirming** – To change my lifestyle vs. just my weight; have started diets before, with all the news of diet and exercise, but has more momentum and desire to do so now
33. **Intriguing and Eye Opening** – Found the essential oils interesting information, as well as the need to increase water intake

34. **Illuminating** – we are all fearfully & wonderfully made, liked the holistic approach offering natural options to medications, for making our bodies stronger
35. **Curious** – To learn more about the essential oils and the holistic approach, and to eat more nutritionally
36. **Hopeful** – Looking forward to making easier nutritional choices, drinking pure water, exercising and stretching
37. **Intriguing** – Hadn't heard about essential oils before, found this interesting and informative
38. **Personal Perspective** – Affirming what & my wife are doing at home
39. **Open Minded and Intriguing** – Towards the holistic approach; gained the importance of finding time to spend by myself to re-energize
40. **Longevity** – Desire to work on diet and to develop a plan

### **CSN Post-Workshop Questionnaire Results Summation Report:**

- Stressercise Training was useful. Offered a great **motivational boost**.
- **Many inspired to action**. Overall, appreciated “tested tools” & varied offerings for healthy options & alternatives to consider.
- **Several experienced weight loss**, some weight management; one excitedly reported “no heart attacks.”
- **Several motivated to increase water consumption & cut fatigue**
- Many utilizing **AT-THE-DESK stressercises to stay flexible & alert**
- Many grateful for health & lifestyle training offered. Appreciated the opportunity to **address and enhance personal health**.
- Some particularly valued **therapeutic essential oil & gluten-free info**
- Some motivated to research **new health alternatives & options**.
- One-time exception granted for **double-capacity** workshop attendance size, cut one-on-one time. Some enjoyed group interaction time. Some missed more time for specific individual question & answer time.
- Several found personalized **follow-up calls encouraging & informative**.
- **Outstanding leadership took swift action**. Incorporating tools & “Walk & Talk” meetings. Motivated & supported positive changes. Added healthy team competitions. Enhanced group physical activity spurred motivation.
- Staff **grateful for educational & reinforcing wellness e-mails** sent & tools offered, internally from medical staff, externally from Headquarters HR & ongoing Stressercise Staff progress/e-mail updates.

**Summation:** Overall training rating high. Many positive outcomes evidenced. Teamwork enhanced and wellness momentum boosted. Momentum continuing to build due to solid internal support, alongside headquarters strong collaboration and Stressercise staff's personalized follow-up.

Heavy workload noted. High commendations to all participating personnel & management; whether many or a few, ALL positive changes significant.