



Be Well For It All Newsletter

Stop Rushing Past Life

By: Daniel T. Silveira. Life Coach

In a rush to attain our goals, even in a realm of self improvement, we often rush past the very moments that offer us the greatest opportunity for self discovery and self recognition.

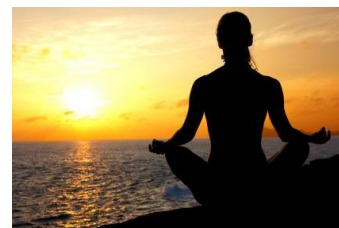
Live For It All... Mind, Body, & Spirit

The Missing Piece in Weight Loss

By: Abby E. Solomon M.S. Exercise Physiologist & Certified Personal Trainer

Diet? Exercise? Sleep? Nope... The real missing piece is your stress level. It's often ignored, but it's often that secret link preventing you from reaching your weight loss goals. Too common do we eat right and exercise properly, but are not able to lose those unwanted pounds. When you rate your stress level at a 10 out of 10, or close to it, you are working *against* your body. Stress is the silent killer, and wreaks havoc on the body. When the body is stressed, it releases the stress hormone "cortisol." Cortisol is a fat storing, muscle wasting hormone. Stress is the number one cause of increased cortisol levels. So, even if you're doing everything right, you may be counterbalancing all of that hard work! In order to turn the body into fat burning mode, rather than fat storing mode, we must take a look at how we perceive and handle our stress levels.

Here are some tips to help reduce cortisol levels in the body:



- eliminate sugars and artificial sweeteners
- exercise, even quick bouts of 10 pushups
- meditate and do yoga
- get a massage
- get plenty of sleep (6+ hours per night)
- change your thoughts about stressful situations
- reduce caffeine intake
- eat slowly at meals
- avoid strict dieting

LIVE FOR IT ALL'S FEATURED EVENTS AND FRIENDS:

Marathon Training Program

Yes, we began July 12, but there is still room for another week to join! Join us each Sunday for our group training runs! We are having a blast so far, so if you have the motivation and determination to reach your goals, give it a try! You will not be alone!

Get a Massage & De-Stress with A Bridge To Healing!

Live For It All is proud to be friends with Nichole Petter, CMT, owner and massage therapist at A Bridge to Healing. Contact Nichole at 916-879-7303 or www.abridgetohealing.com and ask about the \$20 off Live For It All discount!

Outdoor Fitness Camp:

Beginning July 25th, join Coach Abby for a 5-week, fun, outdoor fitness class! This is a non-competitive, outdoor, group program for all fitness levels. We'll combine, cardio, strength, calisthenics, plyometrics, and most importantly FUN to help you reach your that next fitness level! Sign up today!

Life Coach Daniel T. Silveira:

Are you looking for direction in your life? Need some guidance? Or do you just need someone to talk to? Daniel will help you overcome the obstacles and challenges in your life. He'll help you get back on the right-track For your free consultation, call 916-698-1439 or DanTSilveira@gmail.com

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