

Having trouble viewing this email? [Click here](#)



Wellness Coach Training Institute



Wellness Coaching News

Educating, Certifying, and Supporting Great Wellness Coaches!

Wellness & Health Coach Certification *Classes Begin Soon!*



"Wellness Coach" Certification **Webinars Begin in September!**

Register by August 19th for the best rates!
Webinars take place over the internet from the comfort of your home or work and are live and interactive. You see and can talk with the instructor.

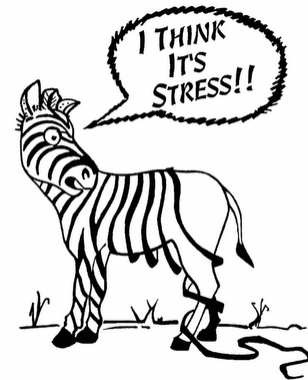
Gain the best education and experience ongoing support!

[For Information or Complete List Click Here!](#)

Certification Live On-Location **"Wellness & Health Coach" Certification Intensive**

Dear Deborah,

Who has time to exercise and eat well when life is on overload? We often are urged to exercise more and improve our diets, but isn't that just adding more to the to-do list? Without addressing the stressors in our lives, how can we fit the demands of being healthy into our lifestyle?



People who succeed at being more active and eating nutritiously definitely are healthier. The question always comes down to what enhances or diminishes that success?

Most will say that it's usually the demands and stresses at work and home that get in the way.

We know that people who are under excess stress suffer on an emotional and physiological level. Stress either causes or exacerbates 80 percent of all illness. Higher rates of heart disease, diabetes, hypertension, cancer, headaches, insomnia and many other conditions are directly correlated with higher levels of stress.

Each July at **The National Wellness Conference in Wisconsin** (<http://www.nationalwellness.org/>), wellness program leaders from around the world come to learn more about what makes health promotion effective. This year a powerful theme from a number of