WEEK 3

Quick link guide to videos and metabolic type test



Emily talks hormones, stress & exercise

And I forgot to say she is a Physical Trainer too!



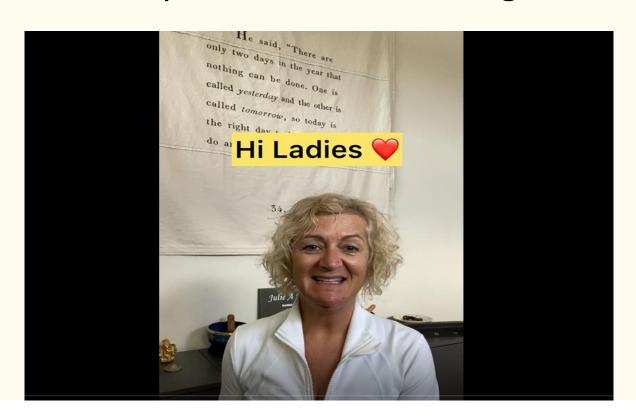
Anxiety - Calm your mind and body

- Try this mind and body calming exercise... you can do it in the loo!
- Qi Gong Meditation through movement Look out for the video in your email or click on image



Julie Ann explains yoga - she started at 52

- Yoga for Menopause with Julie Ann Garrido
- Look out for the link in your email or click image below



A bedfine relaxation Yoga position

• Do for 10 to 20 minutes, even in bed! Check out the link in your email or click image below. Find Julie on facebook at Yoga for Peri/menopause



Check out your metabolic type

 Find out if you're a metabolic stutterer or a mixed signal metabolism, you can be one of 6 types – click the image to answer a couple of questions and then download the information here

