Heskett’s Top Ten Ways to De-stress during the Holidays

1. Create realistic expectations
2. Learn to say no
3. Take short relaxation breaks to let go
4. Get involved/volunteer to help others
5. Tap into creativity
6. Eat, drink, sleep and exercise sensibly
7. Practice being a peace maker
8. Balance spending of time and money
9. Create new holiday traditions that build connections with family & friends
10. Reflect on the deeper meaning and spirit of holidays

Success Story

One of our personal training clients, has committed herself to making positive and healthy lifestyle changes.

She works hard at making it to the Heskett Center almost every day which has helped her to shed close to 35 pounds, along with gaining several pounds of lean muscle.

Eating healthier foods as well as quitting smoking has really contributed to her weight loss success. The dedication to her new found health will help her continue to maintain her weight loss.

Congratulations!

Jill Fursman - HC Personal Trainer

Still searching for the perfect gift?

| The Heskett Center is here to help! |

Gift certificates for Therapeutic Massage and Personal Training are on sale now.

Certificates are sold at the business office, for information on prices, go to www.wichita.edu.heskett

Questions, comments, or if you wish to remove your name from the Heskett Headlines & announcement mailing list, contact laura.young@wichita.edu or call 316-978-5281.