

Subject Line:

Are you sabotaging your weight loss by NOT doing this simple 5 minute daily activity?

Email Body:

When stress hormones rise and stay high for a long time, the research shows they are strongly related to abdominal obesity, AKA “belly fat” and to specific mental disorders. And, in certain people, stress may play a major role in their weight gain and inability to lose weight.

Consider that stress does the following:

- interferes with cognitive processes, executive function and self-regulation
- can affect behavior by inducing overeating and consumption of foods that are high in calories, fat, or sugar by decreasing physical activity capacity and shortening / interfering with sleep
- triggers physiological changes in the adrenal glands; reward processing in the brain; the [gut microbiome](#).
- stimulate production of biochemical hormones and peptides such as
 - [Leptin](#) - helps maintain normal weight, regulates hunger allowing us to feel full
 - [Ghrelin](#) - the hunger hormone that signals our brain to eat; increases appetite
 - [neuropeptide Y](#)- elevating NPY activity increases food intake

Supporting our body’s ability to handle stress is REALLY important if we want to get in shape, lose weight and be healthier. Doing this Activity 5 minutes daily could be a game changer for supporting longterm weight loss....

What is this activity? (Click button to read the content piece)

Insert or Link the Content Piece:

- See attached Document: “Rest and Relaxation Guide”