



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 39
Monday 21st September, 2009

How are your **Energy Levels**?
Monitor **Energy** rather than **Time**!
High Energy levels are achieved
through good **Nutrition**, being
Hydrated, restorative **Sleep**,
replenishing **Breaks**, regular
Exercise. **High Energy = Focus +**
Commitment! Time is finite - **YOU**
manage **Energy!** Where are your
energy levels Today?

Visit our website
www.essentialgym.com

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Essential Gym is an holistic coach approach to sustainable SELF* Wellness.

Tone Up - Your Mind, Body and Soul!

*Self: Soul Essence Love Fulfillment

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