

# MICHELLE CEDERBERG

MKIN, BA PSYC

*Live Out Loud*



- ▶ Life Balance Strategist
- ▶ Fitness Motivation Expert
- ▶ International Speaker

## Stress Defense: *Combat Tips for Today's Stress Generation*

**\*KEYNOTE** or breakout session

It is estimated that 50-75% of all people who visit a doctor do so for psychosomatic disorders – *illnesses that originate in the mind and manifest in physical ailments*. Stress is a leading cause!

Our '*stress generation*' is so used to living with stress that it doesn't occur to us that we don't have to! Join Michelle as she presents her viewpoints on the physical impact of stress on the body, how we create needless stress for ourselves, and what we can do to minimize it. She'll talk about how your reactions to events can impact your stress levels and provide you with her practical 6 step '*stress defense*'.

### Book MICHELLE CEDERBERG...

*As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable **life balance**, time for **fitness**, heightened **stress 'defense'**, and the energy and confidence they bring!*

*To find out how to **hire Michelle** to speak for your organization, please contact her through the information below!*



**Balance for REAL People**

A realistic and humorous approach to getting more time, energy and enjoyment out of life!

