

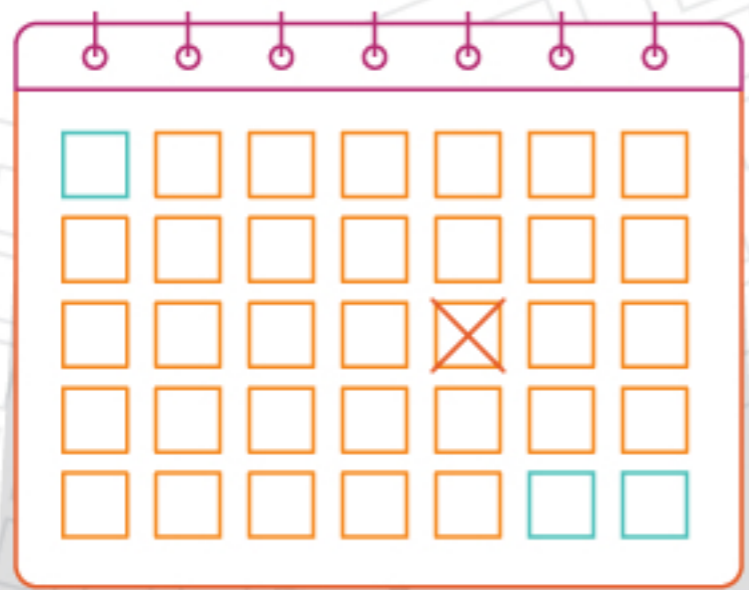
Holistic Health for Wellness Professionals

Caring for your community is a fantastic goal, but who is going to take care of you? Owning a small business is no simple feat – in fact, people rate it four times more stressful than raising kids.¹ You're not immune from this stress, but your devotion to the wellness of others may cause you to neglect your own health.

Don't let managing a wellness business get the best of you.

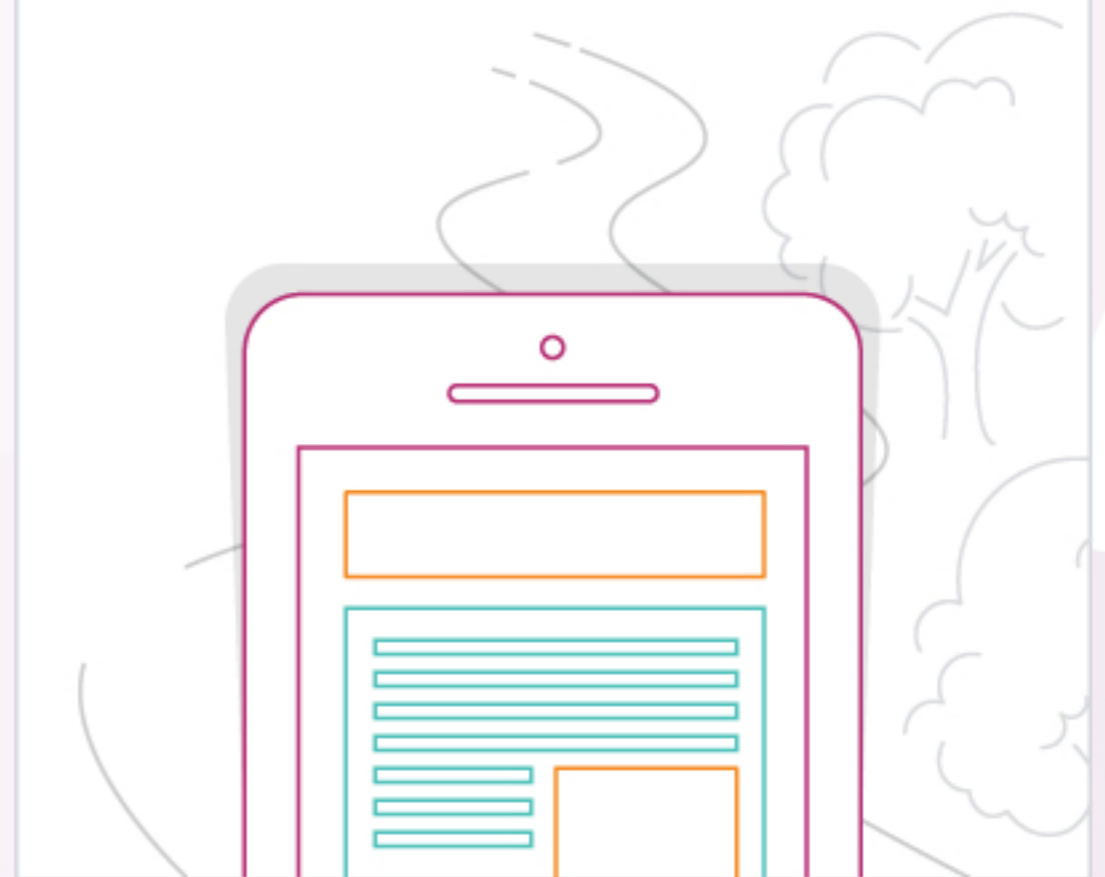
Follow these tips to maintain your physical and mental health:

Schedule health appointments ahead of time.



Set reminders. With so many things on your to-do list, it's all too easy to forget about making that doctor's appointment. Stay on top of your physical health by scheduling routine check-ups far in advance.

Move from behind the desk.



A sedentary lifestyle serves no one, so be sure to get a few steps in every hour. Use a business app to make your business mobile, allowing you to keep moving.

Meditate.



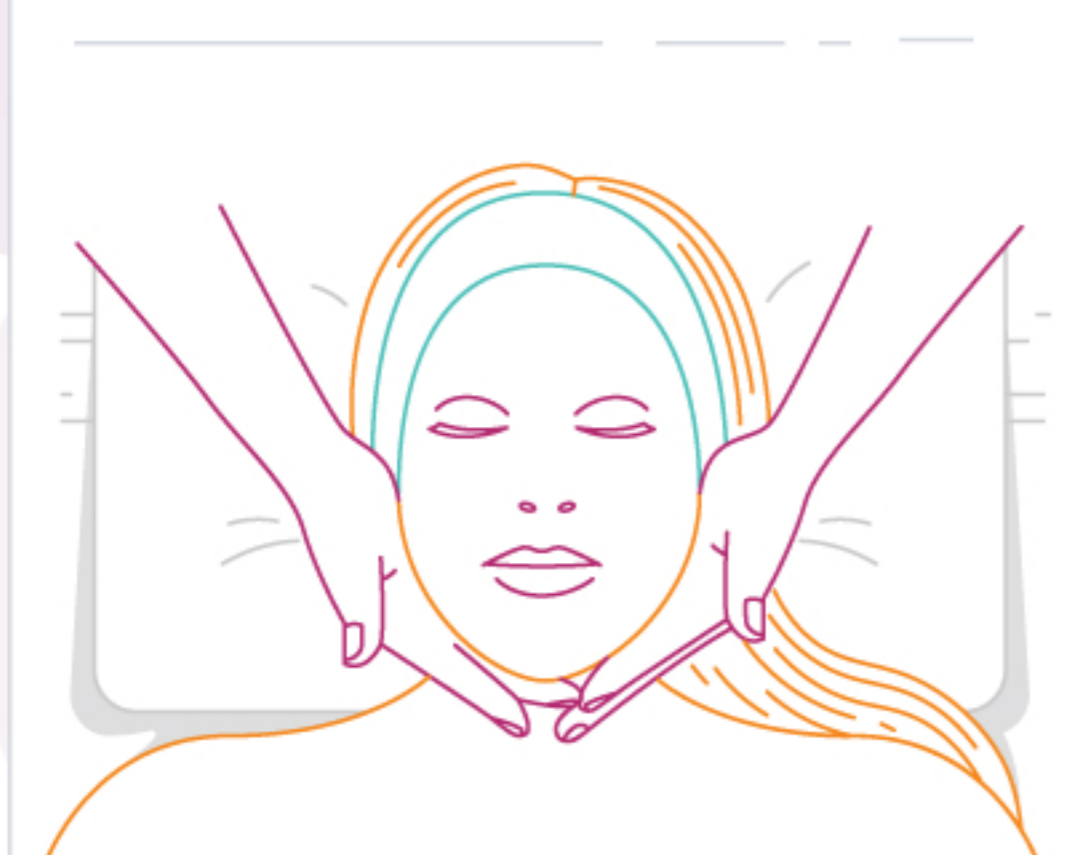
You may not have time to complete an hours-long meditation, but even 10 minutes here and there can help.

Keep a sleep schedule.



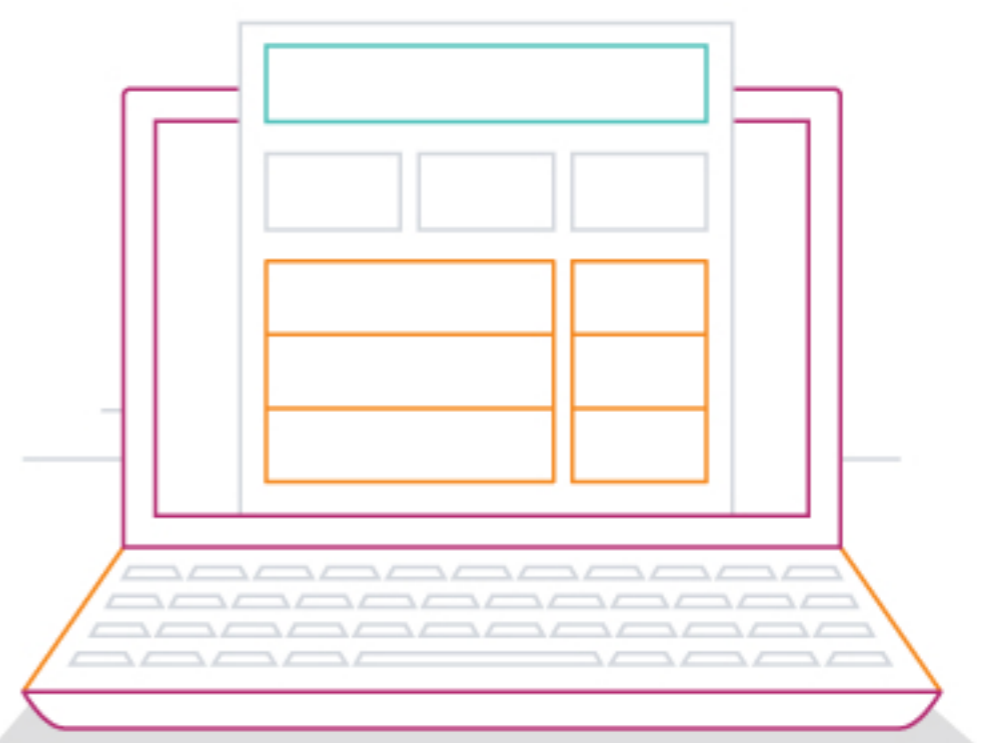
According to the CDC, one in three American adults don't get enough sleep.² Making a change as simple as going to bed at the same time each night can bring tremendous benefits to your health.

Treat yourself.



Don't be afraid to indulge in whatever your business offers every once in a while. Have a massage, an acupuncture session, a facial or other service that you know will boost your mood.

Learn from the best.



Connect with other wellness business owners in your area or online via the MINDBODY One community, and share tips of stress management and business ownership.

Your health matters, because you can't change the world if you aren't at your best.

MINDBODY can help you balance work and life.
Join us for a demo at www.mindbodyonline.com