

Exercising helps keep us healthy and strong
physically, emotionally, AND mentally...

...but I'm not talking about physical exercise, I'm talking about HEART and BRAIN exercises. Having a healthy inner self is necessary to stay physically, emotionally and mentally strong.

- Living with toxic stress makes you more susceptible to, or can cause physical illness or disease
- Living with toxic stress increases your chance of developing a mental health disease or disorder
- Living with toxic stress negatively impacts your productivity, relationships, and overall happiness

The GOOD NEWS IS, you can start RIGHT now to reverse the effects of toxic stress with the Vashti's House  workout program for your inner self!

SIMPLE TO USE:

Nearly 200 evidence-based exercises gathered for you to choose from and start doing today!

VERSITILE

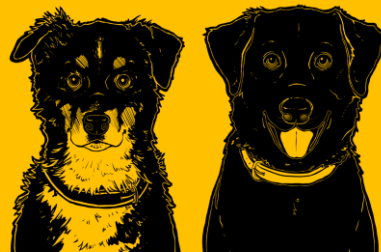
FOR PERSONAL USE

AS A CLIENT RESOURCE

CREATE A *HEALTHY-LIVING* WORKPLACE CLIMATE

THE BEST COACHES

To inspire you!



COACH RUBY & COACH RANGER

LEARN MORE AT: WWW.VASHTISHOUSE OR CONTACT FOR MORE INFORMATION: HOME@VASHTISHOUSE.COM

