

The Benefits of Good Health And Regular Exercise

Book 1



By Debbie Nicholson

Chapter One :

Helpful For Stress Relief

BOGHARE Bk 1 by Debbie Nicholson

Do you have a boss who drives you crazy not just by his/her habits, but also with that incessant screaming, ordering about, unrealistic deadlines and the list goes on?

On a more personal level, are you having problems closing that all important deal?

You have reached the end of your tether and it is high time to let off some steam! Did you know that stress is a silent killer and too much of it will take you away from here just as quickly as saying it, if you allow it to take over your mental health.

What are the alternatives?

One such option would be to find out where there might be some lunch time boxing classes in the area where you work!!

By participating in such classes, it is highly likely that your *frustration will melt away*; you could *shake off the pent up anger*; *remove the anxiety* out of your life; and *relieve yourself from the stress and grief* causing you all of those aches and pains that you have suffered perhaps for

years and didn't know where they came from.

A lunchtime boxing class offers the safety of a controlled environment where you can even yell at the top of your lungs if you want to – wouldn't that be great to let out that scream that often rises to the surface when you are at work!!!

Tension release!!!

Physical interaction with others!!!

Unity as a team!!!

Professional support both physically and mentally!!!

All of these attributes is what is needed when one is very close to the edge.