

Ann Benoit Coach

HOW TO WORK FROM HOME

AND STILL GET THINGS DONE

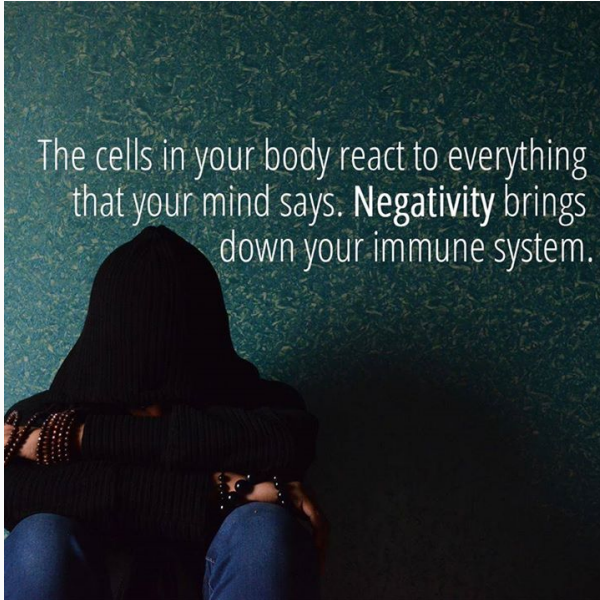
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Wednesday May 16th, 2018

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1. Stress 2. A poor diet 3. Excessive alcohol 4. Lack of sleep 5. Obesity 6. Lack of exercise 7. Medications 8. Lack of hygiene 9. Radiation exposure 10. Smoking 11. Dehydration www.fab.yfphub.com

Common Causes of Immune Failure

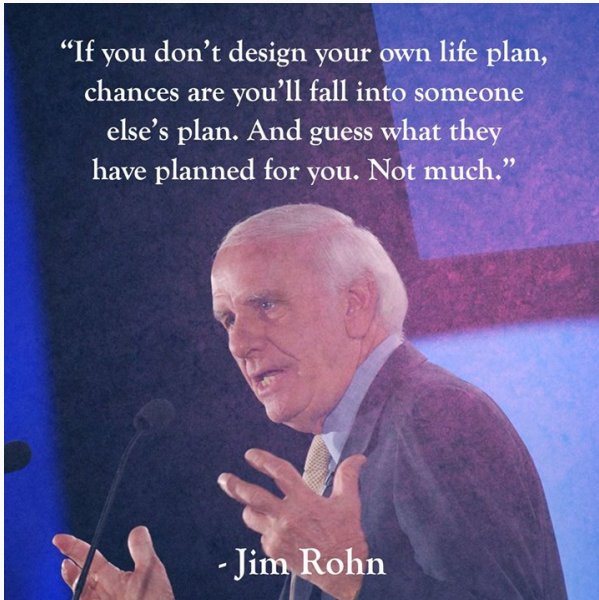


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1. Go toward the light. Work where you feel most energized. Pinpoint your peak productivity times, then schedule high-energy periods for the bigger challenges. 2. Think like an I.T. person. Bookmark troubleshooting pages and post numbers to call for complicated fixes. 3. Walk off the job. A daily stroll gets you out of your bunny slippers and in a better state of mind. 4. Step away from the Swiffer. If you’re tempted to throw in a load of laundry when you should be filling out TPS reports, work for 25 minutes, then allow for five-minute housework breaks.

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Monday May 14th, 2018

1. Purpose - Have a clear picture of what you really want. Dare to dream and dream big! Write it down and be specific. Even include the date when you want them accomplished. 2. Confidence - If you have any doubts about yourself, or why you want to start an online business, you'll always have a hard time sustaining the kind of effort needed to overcome any obstacle. 3. Be open to possibilities - Many of us are so wrapped up in looking at results, that we give up way too easily. We never allow ourselves to acknowledge all options. www.fab.guidetoanonlinebusiness.com



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Monday May 14th, 2018

Did you know that most startups take 3 to 5 years before turning in a profit? Very few business become an overnight success so you need to be consistent and stay focused on your goal. www.fab.guidetoanonlinebusiness.com

Online Biz Tip:

Be Persistent

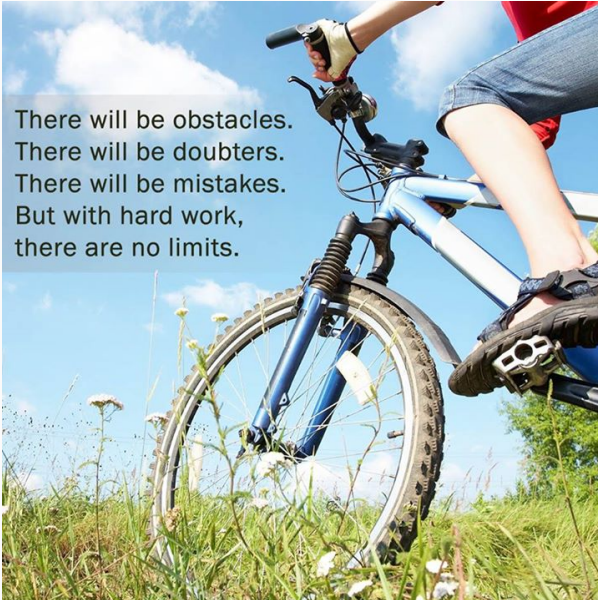


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Sunday May 13th, 2018

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There will be obstacles.
There will be doubters.
There will be mistakes.
But with hard work,
there are no limits.

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Sunday May 13th, 2018

This powerful, aromatic and flavorful herb has been used as a natural remedy for hundreds of ailments for centuries. Here are the top 10 health benefits of ginger:

1. Treats and prevents multiple forms of cancer.
2. Prevents diabetes, high blood pressure and cholesterol.
3. Acts as a natural antibiotic to fight pathogenic bacteria.
4. Reduces pain and inflammation acting as a natural pain killer.
5. Treats nausea or motion sickness, heartburn and migraines.
6. Cures menstrual pain/cramps and morning sickness.
7. Prevents intestinal ulcers and gastric distress.
8. Fights fungal infections and toxicity in the body.
9. Important for heart health and fights gout and arthritis.
10. Boosts immune system to fight the cold and flu.

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Top 10
Health Benefits of Ginger

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Saturday May 12th, 2018

Check out this list of foods that help reduce stress: 1. Orange juice. Foods rich in Vitamin C help decrease the production of cortisol, a hormone that may lead to increased fat storage. 2. Oatmeal. The complex carbohydrates in oatmeal stimulate the release of serotonin that helps reduce mental stress. 3. Salmon. This is a great source of Omega-3 fatty acids which prevents stress hormones from peaking after a tense situation. 4. Oysters. The high level of Zinc in oysters helps decrease the secretion of cortisol in your body. 5. Dark chocolate. The polyphenols and flavonols in dark chocolate help lower blood pressure, adding to calmness. www.fab.whatyourdoctorwasnttaught.com

5 FOODS THAT RELIEVE STRESS



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Saturday May 12th, 2018

No worries! You can still have a great workout at home with a few common household items. 1. Fill empty gallon jugs with water or sand and use as dumbbells. 2. A pair of hand towels or paper plates can be used on a smooth surface for your core exercises. 3. Use heavy books as a weight plate by holding it across your chest while you do sit-ups. You can also lie on your back with books of about equal weight flat against your palms and press them up. 4. Stairs can replace an aerobic step and be used for calf raises. You can also jump up the steps, run up the steps, and monkey crawl up the steps. www.fab.7bigsecretstolosingweight.com

Too busy to go to the gym?



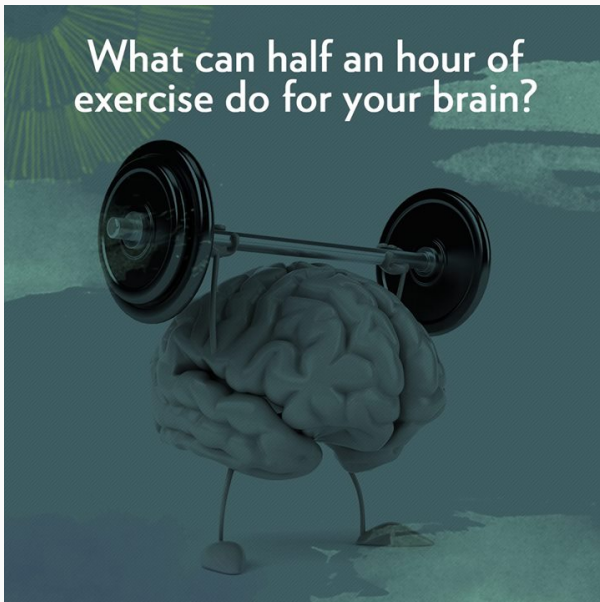
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Friday May 11th, 2018

According to a study from the University of Adelaide released in June 2014, a single exercise session can induce positive brain changes that can spark better memory and improve coordination. A group of thirteen healthy adults between their 20s and early 30s was tested after working out for half an hour: a few minutes of warm-ups and two 15-minute cycling sessions. Their brains registered significant cognitive activity that induced positive brain functions.

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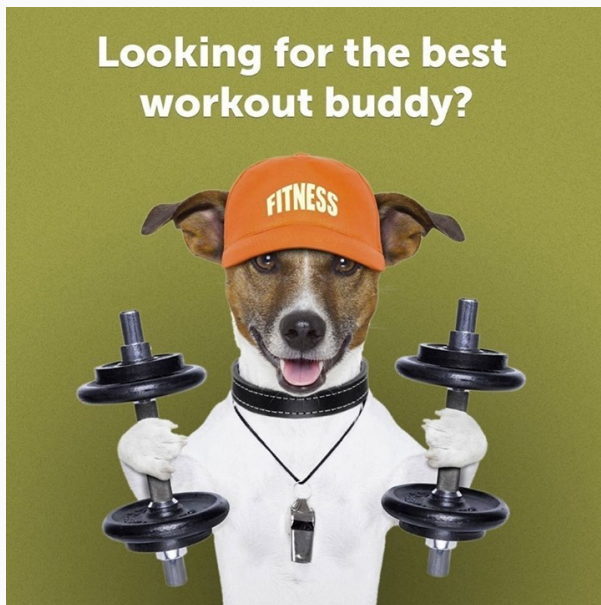


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[Thursday May 10th, 2018](#)

It's none other than your ever loyal furry pal! They never complain about hills and they never cancel on you last minute. They're always stoked to follow you out the door and their energy can be contagious! A Michigan State University research found that canine owners were 34% more likely to get the recommended 150 minutes of exercise a week than folks who didn't have a dog. www.fab.yfphub.com



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[Thursday May 10th, 2018](#)

Coconut oil is high in Medium Chain Triglycerides (MCTs), which are fatty acids that boost metabolism. Here are 3 ways that consuming coconut oil can facilitate weight loss. 1. Coconut oil can increase your energy expenditure, helping you burn more fat. MCTs in coconut oil have been shown to increase energy expenditure by 120 calories per day, potentially leading to significant weight loss over time. 2. Coconut oil helps reduce your appetite so that you end up eating less. 3. Coconut oil helps to balance your hormones which improves digestion, reduce stress and anxiety, increase energy and help you burn fat stores such as those around the waist and thighs.

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