

WEEK 3

Quick link guide to videos  
and metabolic type test



# Emily talks hormones, stress & exercise

- And I forgot to say she is a Physical Trainer too!



# Anxiety – Calm your mind and body

- Try this mind and body calming exercise... you can do it in the loo!
- Qi Gong – Meditation through movement .... Look out for the video in your email or click on image



Julie Ann explains yoga – she started at 52

- Yoga for Menopause with Julie Ann Garrido
- Look out for the link in your email or click image below



# A bedtime relaxation Yoga position

- Do for 10 to 20 minutes, even in bed! Check out the link in your email or click image below. Find Julie on facebook at [Yoga for Peri/menopause](#)



# Check out your metabolic type

- Find out if you're a metabolic stutterer or a mixed signal metabolism, you can be one of 6 types – click the image to answer a couple of questions and then download the information [here](#)

## Discover Your Metabolic Type

