

# What is Stress Costing You?

## Achieve Your Wellness Now!



of your life.

Viki Thondley is well-known to her clients and students for her knowledge, humour and unique delivery.

Her popular Meditation for Stress Management courses run both day and night, with a weekly class for graduates.

Wellness coaching is a holistic and complementary service to traditional and mainstream forms of healthcare that takes the burden off the medical profession, and empowers the individual with the opportunity to help themselves.

To help you begin making lasting change in areas of nutrition, exercise, stress management, weight management, life balance and energy, visit [www.mindbodyfood.net](http://www.mindbodyfood.net) for a free comprehensive wellbeing assessment when you sign up to Viki Thondley's Life Balance Newsletter.

Term two meditation classes start Monday, April 15, and bookings are essential.

Coaching and counselling is available in person, over the telephone or Skype.

DID you know stress is recognised as the number one proxy killer disease today?

The American Medical Association has noted that stress is the basic underlying cause of more than 60% of all human illness and disease.

Perhaps the most alarming fact is that the majority of stress-related illness and disease can be prevented – by first acknowledging and understanding what stress is and how it affects you.

Viki Thondley, holistic health professional and owner of MindBodyFood, specialises in teaching tools required to reduce overall stress, and assists people to practice prevention strategies now, before it's too late.

"I encourage people to take an interest in their health and wellbeing now. It's too late when illness

and disease have set in," Ms Thondley said.

"What is it costing you in energy, sleep, mood, weight, relationships, work productivity and financial burden?

"It will cost you a whole lot more down the track if you don't do anything about it now."

Feeling overwhelmed, exhausted and out of control are only small indicators of how stress may be affecting us.

Symptoms range from poor sleep, digestive disorders, foggy thinking, weight gain and obesity to increased heart rate, anxiety, stroke, diabetes and heart disease.

"People are suffering trying to cope with our hectic modern lifestyles and not recognising what their stress is actually doing to their mental, emotional and physical states of being," Ms Thondley said.

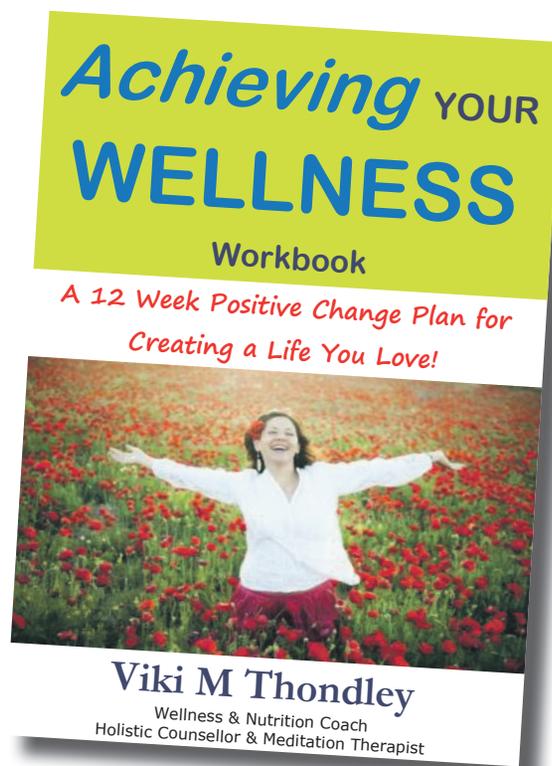
"People need help managing stress and creating life balance, and I can provide a step-by-step pathway for positive change."

Finding an overall balance in life first involves understanding what's working and what isn't.

Once you recognise the areas that need attention you can then set about improving them with a comprehensive wellness plan, addressing all areas

### Upcoming workshops

- Raw chocolate making
- Clean-eating nutrition
- My Body Rocks! Building self-esteem
- Managing stress for life balance
- Personal development group coaching



# LIFEBALANCE WELLNESS

## MindBodyFood

Balancing your Emotions, Exercise & Eating

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**Coaching & Holistic Counselling:**  
Holistic Wellness & Nutrition  
Stress Management & Personal Development  
Eating Disorder Support & Recovery

**Meditation Courses:**  
Regular Weekly Term Classes  
6 Week Stress Management Course  
Private Tuition/Meditation Therapy

Viki is a qualified Life, Wellness & Nutrition Coach, Holistic Counsellor & Meditation Therapist.

**Classes start  
15<sup>th</sup> Apr  
BOOK NOW!**