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Power Lunch Hour: 5 Simple Ways to Improve Health & Wellness in an Hour

July 9, 2004 --- Every job has stress and everyone is looking for ways to cope with it. Libby Mills, M.S. and Registered Dietitian, works exclusively with corporate executives and has discovered a simple technique to help them improve their overall health and reduce stress in less than an hour. Imagine turning a lunch break into an opportunity to leave some of those stresses behind at the office rather than letting them build up or taking them home to your family.

With 5 simple techniques, Libby Mills can teach your readers to improve their health and wellness while reducing their stress over their lunch break. Libby Mills extends her vast wealth of knowledge to help people understand how nutrition and fitness can improve every aspect of their lives. As president of Professional Living, Libby Mills provides executives and professionals with customized programs centered on lifestyle, nutrition, and fitness. Her goal is to help corporate America improve their total health & wellness.

Libby Mills can also discuss:

- 1.) Health & Wellness Coaches Get in the Game with Major Corporations
- 2.) Keeping Employees Healthy & Fit: Why What You Don't Know May Be Hurting Your Bottom Line
- 3.) Keeping Up Appearances: Professionals Start with Health and Wellness
- 4.) Nutrition on the Go: 10 Tips for Busy Professionals
- 5.) Holiday Health Strategies: Tackling Office Parties and Snacks
- 6.) Staying Physically Fit on the Road: 5 Healthy Alternatives You May Not Know About
- 7.) Keeping New Year's Resolution Within Reach Despite Office Temptation

These topics could be covered as in-depth articles or as useful sidebars. For more information, visit www.Professional-Living.com. And, please keep Libby Mills' information on file as an expert on Health & Wellness for future use.

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