



VIRTUAL
INGENUITY, LLC

Breaking Through Wellness

Show Notes

In this episode of The Virtual Ingenuity Business Podcast, Claudine Land, Business Strategist of Virtual Ingenuity, LLC, and Louise Valentine, Physiologist, best-selling author and the #1 Health Education Specialist in the United States discuss simple steps that we can use to superpower through our day and learn the proven tools to manage anxiety and stress.

Louise has worked for the NFL and published research studying how to solve the root cause of health, fitness & resilience problems. When faced with her own devastating health diagnoses & fitness challenges, she was grateful to have the knowledge to turn her breakdowns into breakthroughs! Louise is CEO of BreakingThroughWellness.com, where she offers 1:1 coaching, free resources & the groundbreaking Badass Breakthrough Academy for women 35+ to quickly turn setbacks into a comeback & unlock your best health, fitness, or running with more energy, less stress, and science *simplified* for real life. Louise is also an avid runner and military spouse.

You have the power to rewrite your story at any point in your life. This is a phrase that best-selling author, Physiologist, and #1 Health Education Specialist in the United States, Louise Valentine lives by. Acquire the wellness toolkit to help manage stress and anxiety.

Listen as we discuss:

- What are simple steps that we can use to superpower our day with energy?
- How can we prevent energy and mid-day crashes?
- What are the effects of prolonged sitting in the workplace and how can we easily mitigate them?
- Anxiety & stress management: What can we do if our day starts to get away from us?
- When we're short on time, should we focus on weightlifting or cardio?
- What should we do if we're feeling overwhelmed to improve our health & fitness?

We close by asking Louise if our listeners could have one take-a-away from what we talked about today, what is that one takeaway, and what is the one piece of advice she wished someone had given her when starting her business.

Learn more about BreakingThroughWellness:

- Website: <https://www.breakingthroughwellness.com/>
- Facebook: <https://www.facebook.com/BreakingThroughWellness/>
- Instagram: <https://www.instagram.com/breakingthroughwellness/>
- LinkedIn: <https://www.linkedin.com/in/louise-valentine-mph/>

Tune in to additional episodes of The Virtual Ingenuity Business podcast on [Apple Podcast](#) and [Spotify](#). We would love it if you like, subscribe, rate, and comment.

- Apple Podcast: <https://podcasts.apple.com/us/podcast/the-virtual-ingenuity-business-podcast/id1644909518>
- Spotify: <https://open.spotify.com/show/43s0aubuQOxnjXoqqAnjlp>

You may visit our website at: <https://virtualingenuityllc.com>

Thank you so much for listening!

Let's impact together! [Virtual Ingenuity, LLC](#)