



## PLOP!

This is *literally* the sound your body makes as you collapse into your favorite chair after conducting training all day.

Your feet are sore, your back aches, you have a headache and you can't remember the last time you had something to eat or drink.

Training is *easy*, right?

*Anyone* can do it!

Oh, yeah, right! We come out of the womb with these skills!

Training is **hard** work. Don't let anyone fool you.

Most days after training (especially if you're doing consecutive days), you don't have the energy to go through the drive-thru for a meal or do a mobile delivery order.

Yes, it's sometimes THAT exhausting!

Having been trainers ourselves for 20+ years, we have learned that while training can be mentally and physically taxing to our bodies (even online training!) there *are* some special measures we can take beforehand and while facilitating to help keep us on our physical and mental game!

If you're tired of being exhausted *and* hurting after your training, please click below and check out our newest Training Essentials Virtual Mini:

**Taking Care of #1: The Tireless Trainer**

60-minute virtual training  
December 11, 2019  
9 am PT/ Noon ET

Join us and keep your “plopping” to a minimum!

Cheers,

Team M&M  
Melissa Smith & Maria Chilcote



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