

# STRATOSPHERE

## KEEPING THINGS BALANCED

by: Trish Stratus and Rob Lorusso

“What’s her secret?” Every time I get the chance to talk to Trish Stratus and catch-up, I’m always left asking myself the same question. How does she stay focused and remain successful while juggling so many responsibilities? Well, according to Trish, all it takes is a little balance. Sure, it may not be much of a surprise to many that the driving force behind the largest yoga studio in Canada would extol the virtues of balance. However, Trish’s advice goes beyond the realm of the physical. “Achieving wellness through balanced living,” not only a virtue of the Stratusphere brand but also the way in which Trish herself manages to maintain a fast-paced and rigorous schedule, is an all-encompassing mantra and lifestyle that involves the incorporation of all aspects of life to realize the potential for personal fulfillment.

Being the best possible you, whether in the weight room, boardroom, or family room, starts with a belief that anything within your grasp is attainable through being completely present each and every moment of your life. Doing so, finding that balance that allows you to be successful in all areas of your life, will only serve to make your life a happier one. After all, the better you feel about the path your life is on, that knowledge and confidence will only serve to help others realize that those possibilities exist within themselves as well. Read below for a few pointers from Stratus herself, on what you can do to look, feel, and be complete:

### **Top 5 essentials for achieving wellness through balanced living.**

1. Eat well-balanced whole food meals as much as possible, but it’s okay to reward yourself with a cheat meal once a week.
2. Keep your workouts fresh and consistent. And it’s important to mix it up to keep your body guessing. Try doing yoga between classes, try strength training / conditioning workouts. This will help you avoid hitting a plateau and will keep you both strong and flexible!
3. Try to get your vitamins and minerals from your food. Be aware that your diet alone may not be able to provide the appropriate amount your body requires, so you should consider taking quality supplements to make sure your body gets what it needs.
4. Work hard, play harder. Try to disconnect from the daily stresses of life by taking a breather for yourself. Whether that means taking a five minute tea break, going to a yoga class, or planning a few days away.
5. Spend time with friends and family. Different people in your life provide different kinds of stimulation. Opinions from your spouse, catching up with your friends or words of wisdom from your parents are all valuable.