

Email not displaying correctly? [View it in your browser.](#)



December 16, 2013



*Food For Thought*

#### Quick Links

[MaunLemke.com](#)  
[ClintMaun.com](#)  
[ClintCast.com](#)  
[ClintsCures.com](#)

Find us on Facebook 

Follow us on 

#### In This Issue

[Stressed? Tired? Feeling Blue? Hit the Gym!](#)



**Could *your* healthcare facility benefit from this?**

***Every healthcare facility can benefit from Revenue Enhancement!***

Clint Maun, CSP has **two new programs** *custom-designed* to help you enhance your **revenue streams** and deliver increased customer satisfaction, smoother operations and sustainable, long-term market viability, especially given the forthcoming changes resulting from the recent healthcare reform!

These exciting new programs bring a wealth of proven-solutions to bear on improving your facility's revenue, so you can invest in other important aspects of your business, such as staff rewards & retention, site/technology improvements, partnership integration projects and more!



## **The Continuum of Care Dating Game: Moving the Relationship from Courtship to Engagement**

*The healthcare delivery system will, and has, become a **bundled set of partnerships**. What does your post acute organization need to do for profitability and successful business growth? This program offers immediate techniques for enhancing and leveraging your hospital relationship to help you deliver better care, as well as optimize your revenue potential, for you **and** your partners.*

## **Blueprint for Growing Revenue When Healthcare Funding is Going Down the Drain**

*Do you have progressive strategies, dedicated team effort, partnerships and goals for keeping and building your revenue stream? There are winning tactics and techniques that will generate revenue **growth** - not just sustainability. Learn **proven** and **specific** action steps your team can develop and implement immediately to grow your revenue!*

**Let Clint Maun show your organization how to  
Increase Revenue Now while Preparing for Tomorrow!**

**Review Clint Maun's Biography and References at <http://www.maunlemke.com>  
or call Kathy Cain at 800.356.2233 for more information**



**Book multiple speakers for a \$\$\$ discount.  
Ask us how!**

### **Stressed? Tired? Feeling Blue? Hit the Gym!**

We've all been there. It's been a long day—your patients were in a particularly bad mood, nothing seemed to go right, and you simply feel low. You're too tired or stressed to even think about working out. But new research now gives us strong reasons to do it any way. A recent study conducted at the University of Colorado Boulder found that rats that were forced to exercise experienced the same reduction in anxiety levels after stress as those that ran voluntarily. And the same is likely true for us.

To be sure, aerobic activity is a proven way to improve your mood, and reduce anxiety and depression—and you'll experience those perks whether you feel like going to the gym or not. How so? The feel-good effects of physical activity are biological, meaning that even if you don't want to exercise your mind and body will still benefit.

With the exception of being sick or having a medical condition that prevents you from activity, consider these additional benefits as extra motivation the next time you just don't feel like working out:

The moment you begin exercising your...

- *lungs are getting stronger.* Aerobic exercise forces you to breathe faster and deeper, delivering extra oxygen to your muscles.
- *body begins fighting flab.* When you're physically active, your body will use body fat for fuel.
- *body is better able to ward off infections.* Exercise elevates your level of a specific protein that helps bolster your immune system. Every bout of physical activity can help strengthen your immune function for about 24 hours.

*\*\*Aim for 30 minutes of moderate activity like brisk walking on all or most days of the week*

## Republish Policy

### Permission to republish/reprint an article is given provided the following conditions are met:

- Clint Maun receives proper recognition as the author of the article. A link to Clint Maun's [www.clintmaun.com](http://www.clintmaun.com) and [www.maunlemke.com](http://www.maunlemke.com) websites is published at the end of the article. The piece is not modified in any way.
- Clint Maun is informed of the re-publication/reprint at [solutionsnewsletter@maunlemke.com](mailto:solutionsnewsletter@maunlemke.com) and receives a copy of the publication with reprint.

You are receiving this email because you opted-in through our sign-up process to receive our free company email newsletter, Solutions (published monthly) and occasional news regarding major announcements regarding Clint Maun/Maun-Lemke Speaking and Consulting, LLC. You can unsubscribe at any time and your email information will never be shared with/rented/sold to others.

[Unsubscribe](#) &lt;&lt;Email Address>> from this list | [Forward to a friend](#) | [Update your profile](#)

#### **Our mailing address is:**

Maun-Lemke Speaking and Consulting, LLC  
8031 W. Center Rd.  
Suite #222  
Omaha, NE 68124

[Add us to your address book](#)

*Copyright (C) 2013 Maun-Lemke Speaking and Consulting, LLC All rights reserved.*

