



POWER POSING

TESTOSTERONE



CORTISOL

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Testosterone

Testosterone is the most potent of the naturally occurring androgens. High levels of testosterone appear to promote good health in men, for example, lowering the risks of high blood pressure and heart attack. High testosterone levels also correlate with risky behavior. It also, may be given to treat medical conditions, including female (but not male) breast cancer.

Cortisol

Our bodies respond to stress differently, but we all have one thing in common. Stress increases the level of a very powerful hormone called cortisol.

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Power Posing has been proven by many studies, including a group headed by Amy Cuddy, a Harvard professor, to increase testosterone and lower cortisol in the human body.

All it takes is a small moment of Power Posing to reap the benefits of this little known secret.

Take two minutes and pose each morning before you tackle the day, and you'll soon start to realize that you're more confident, less stressed out, and your overall mood is brighter.

The same is also said of smiling. Smiling during this mental and physical exercise will also increase your happiness.

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