

Achieving a Work/Life Balance

Dr Somboon Roonphornchai's presentation will address the question: **"How Can Hormones help Energy and Stamina?"** While hormones don't receive a lot of media attention, it's hard to overstate the important role they play in how we feel and how healthy we are. Dr Somboon is one of Thailand's leading hormone experts on hormones, and his presentation will address a variety of issues, including:

- The important part hormones play in so many critical functions, from muscle development and energy production to sex drive, mood and emotion.
- The How & Why of balancing hormones.
- Hormone health through lifestyle changes, vitamins & supplements
- Hormone Replacement - is it safe? Does it work?

By now, we all know that regular exercise offers numerous benefits. And yet, exercise is often one of the first victims of a work/life imbalance.

What's not as well known is that the benefits of exercise can be magnified even more. Dr Pichet Nampulsuksan's presentation, **"Personalised Exercise Regimens that Work for You"**, will examine this emerging concept for maximizing the benefits of exercise as part of achieving a healthier work/life balance.