

[March 30 member candidates]

Subject line: Beat burnout with 5 self-care habits of peak performer CEOs

Hi Chelsea,

As CEO, you are often pushed to a high stress level. Leadership demands hard work, creativity and long hours. But science shows us that **lack of rest and relaxation leads to diminished productivity.**

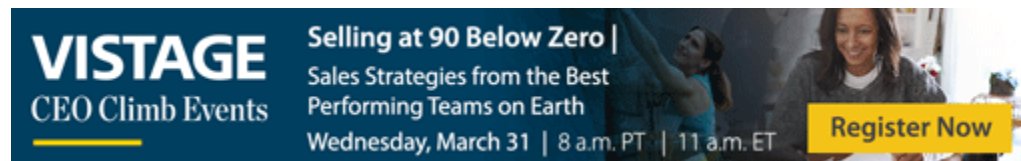
To beat burnout, practice these [5 self-care habits of peak performer CEOs](#). CEOs and executive coaches from our community share what they do to maintain their physical and mental health so that they can continue to do what they do best — be great leaders.

A growing number of executive leaders and business owners are prioritizing self-care habits. Join the ranks!

To your success,

Team Vistage

VISTAGE
Private advisory groups for CEOs,
executives and business owners.

A promotional banner for Vistage CEO Climb Events. The banner features the Vistage logo on the left, followed by the event title 'CEO Climb Events' with a yellow underline. To the right, the text reads 'Selling at 90 Below Zero | Sales Strategies from the Best Performing Teams on Earth' and 'Wednesday, March 31 | 8 a.m. PT | 11 a.m. ET'. A yellow 'Register Now' button is positioned on the right side. The background of the banner shows two women in business attire, one pointing upwards and the other smiling.

VISTAGE
CEO Climb Events

Selling at 90 Below Zero |
Sales Strategies from the Best
Performing Teams on Earth
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Register Now