

Dr. Csoka on NPR talk radio show WFAE 90.7fm- Charlotte Talks with Mike Collins

Stress and Effects on the Body

APEX Performance, Inc.

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Dr. Louis Csoka, President & Founder of APEX Performance was featured on Charlotte's radio station WFAE's morning talk show with Mike Collins. The topic was stress and its effect on the mind and the body. Dr. Csoka shared his experience on how external events impact our mental, emotional and physiological states. He discussed how we can all control our responses and reach peak performance in any situation.

Click on the link and hear more about stress and the effects on the body. [listen here](#)

to visit wfae online and listen to the program click [here](#).

About Apex Performance

Apex Performance provides performance improvement services to military units, pro and college athletes and senior executives who need to build mental agility and mental toughness. APEX Performance provides training to deliver results on the core of leadership - self awareness, confidence, mental agility, and composure. Utilizing a combination of personalized development programs, follow-up coaching, and advanced sensory technology, APEX provides the tools and learning required to achieve sustainable peak performance.

Apex Performance is headquartered in Charlotte, NC.

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Apex Performance is a Service Disabled Veteran Owned Small Business.



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