

Kinaesthesia



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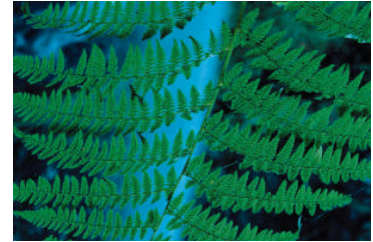
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Of Special Interest

- Motion
- Health
- Your Birthright

If you don't know where you are going, you'll end up someplace else. - **Yogi Berra**

Winning isn't everything, but wanting to win is. - **Vince Lombardi**



Healthy Motion

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

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Over 1200 copies circulating in 44 states and 15 countries abroad.



Motion: Ways to Health

Have you ever noticed that physically active people are rarely, if ever, sick and tired? Active people are less stressed, have a brighter outlook, and enjoy a very healthy lifestyle. "Motion...what kinds of motion?"

It doesn't make much difference as long as you are moving on a regular basis.

Things like:

- swimming
- cycling
- jogging
- running
- skiing
- dancing
- fast walking
- hiking
- aerobics
- self defense classes

...are a few of the great ways you can get motion into your life. The best part is, that they only require the use of your body [no special equipment needed] and you can do it anywhere for FREE.

Employers, more and more, are encouraging their employees get moving and in a lot of cases are providing the facilities.

Now get moving!

~ ~ ~

Health: Ways to Motion

The detox/healing diet I use has been revised recently to reflect a better approach based on more up to date information. This is a very important part of being or becoming an active healthy individual. Because of size and scope this plan is too lengthy to include in this newsletter. I want each and everyone one of you to get the benefits. Call me.

Reclaim Your Birthright

Share the Health

Learn to read labels and avoid all processed, prepackaged, and fast foods.

Stick with foods that come from the ground, plants, and animals.

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Remember...

If you cannot pronounce it – don't eat it.

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Live Life – Live Well – Live Long

~ ~ ~

Want healthy knees & feet - free of pain? Avoid wearing high heels.

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Thank You for your continued support.

PASS THIS NEWSLETTER ON TO A FRIEND.

Are you sick and tired of being sick and tired?



If you are...give **Health & Motion** a call...start a journey to a great new life.

Health & Motion
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