



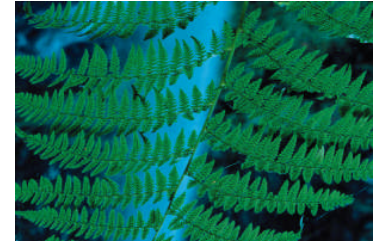
## Of Special Interest

- Feedback
- Welcome New Clients

Happy are those who dream dreams and are ready to pay the price to make them come true.

A strong positive mental attitude will create more miracles than any wonder drug.

-Patricia Neal



## Fall and we're back

### Feedback...

Judging by all the positive feedback – you all had a wonderful summer doing what you love best. It is good to be back at the typewriter after taking the summer off. The myriad of suggestions at first blush seems overwhelming and I hope I can get to them all in upcoming issues.

Many of you pointed out that the July newsletter had a May date on it. Thanks for keeping me honest and I apologize – I must have been in a hurry to get out and get going.

Over summer I got snail mail,

phone calls, and e-mail with questions pertaining to your health and motion.

A frequent question is about sets and repetitions.

The first number represents sets and the second number indicates how many repetitions, i.e. 3 Sets of 10. It is recommended that you pause briefly between sets counting slowly from one each time to keep from "racing" through and not getting full benefit of the e-cise.

Another topic of discussion often is the effect of "gravity"

on our alignment. We must not forget the 8 Laws of physical health – especially number one.

**"Vertical loading:** Gravity is necessary for health. In order for gravity to exert a positive and dynamic influence on the body, the skeleton must be vertically aligned."

Further, as we do our menus performing the e-cises slowly resisting gravity often in two directions ensures a productive healthy workout.

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**Live Life – Live Well – Live Long.**

**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 1000 copies circulating in 40 states and 14 countries abroad.**

## Welcome NEW clients!!

I want to take a moment to WELCOME the new clients recently joining us both local and online. It is our hope you have a pleasant and productive experience with Health & Motion. If there is anything you need or want in your regimen, please feel free to call and let's discuss your needs.

Thanks to all of you who recommend Health & Motion to your friends and associates. Your kind thoughtfulness is greatly appreciated – again -Thank You!

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Nothing is predestined: The obstacles of your past can become the gateways that lead to new beginnings.

## Share the Health

I shall be here to help and serve as usual this summer.

Your next newsletter will be out in November. Welcome Back!

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**Live Healthy – Live Life – Live Long**

**Thank You for your continued support.**

**PASS THIS NEWSLETTER ON TO A FRIEND.**

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