



STRONGER TOGETHER!

ASK US HOW TO GET A
WEEK PASS FOR A FRIEND!

STAY UP TO DATE WITH WHAT'S HAPPENING AT BWC!

JUNE

June 1st : Family Dance 6pm-9pm

June 8th : Barre and Brunch

June 10th - 13th : Camp BWC Session I

June 15th : Hike to Double Lake, Marble Mine trail at Sloppy Floyd State Park

JULY

July 8th-11th : Camp BWC Session II

July 29th : FREE 12-week half marathon training

July 31st : Sports Camp

July 20th : Hike to Fiery Gizzard Trail



AUGUST

August 5th : Back to School Party for Kids Zone/Kids Korner

August 12th - 16th : Road Runner Week for Dalton State College

August 15th : Free Throw Contest

August 10th : Hike to Big Soddy Creek Gulf Trail





LIVE LONG LIVE STRONGER

Classes start Tuesday, August 6th at 6:00pm and run through September 10th.

The aging process begins as early as 10 years old! Amazingly, research shows that upwards of 75% of children already show the first signs of fatty streaks in their arteries before they are even teens! For most of us, it may not be a question of just trying to prevent heart disease but reversing the heart disease we already have! Similarly, some pediatricians call osteoporosis a pediatric disease because bone mass must be developed in youth to have enough in old age.

Muscle and bone losses are among the most prevalent conditions of aging and they begin in earnest by our 30's if we don't do something to maintain them.

Clearly, we must develop a concern for the health of our cells and how to nourish and even challenge them if we are going to experience abundant health and long life. In 1990, researchers William Evans and Irwin Rosenberg developed a way to measure our age with critical biological functions that influence vitality called Biomarkers. Biomarkers include things like muscle mass, strength, VO2, blood pressure, and insulin sensitivity. Other vital biomarkers are things like blood sugar, cholesterol levels, and vital

hormones like thyroid, cortisol, or testosterone.

With all of this in mind, Bradley Wellness Center wanted to put together a **six-week coaching program outlining many of the MOST important biomarkers, how to test for them, and most importantly—what research shows are the best dietary, exercise, and lifestyle protocols to restore them back to younger levels.**

If you would like to discover some of the fastest and easiest ways to lose weight, firm up and reverse the aging process then I strongly urge you to join me, Tom Morrison, for our new 6-week, "Live Longer, Live Stronger" coaching program. What's more, I'd love for you to test drive this new program by coming to a **FREE orientation class on July 16th at 6:00pm**.

If you are serious about your health and body, and want to live a long, functional life come and learn:

- The best lab tests and assessments to learn about your health, where to get them, and at the best prices.
- What aging actually is and two simple steps to significantly slow its impact.
- What an optimal diet looks like and how to tweak it based on your own health

conditions, personality and tastes.

- How to bulletproof the heart with the protocol research shows to be over 99% effective. And why the same protocol will also likely help prevent strokes, diabetes, Alzheimer's and many cancers.
- Research proven exercise protocols for staving off age related brain loss and dementia, improving bone density, muscle tone and stamina, and even reversing aging at the genetic level!
- Tips for improving sleep, reducing stress and connecting with those you love.
- And much more!

No matter what condition your body is in today, you can transform your body and your life! Sign up to secure your spot in the "Live Longer, Live Stronger" coaching program today!

MAKE YOURSELF A PRIORITY



Tom Morrison
BS – Physical Education, State University of NY at Cortland

IART Certified Fitness Clinician

AEA Arthritis Foundation Aquatic Program Leader

Employed with HHCS since 2000

BEFORE



MEMBER SPOTLIGHT BRANDON CANNON

AFTER

Brandon Cannon started his journey to better health in 2016 when he decided to quit chewing tobacco and drinking alcohol. After quitting cold turkey and never looking back, he decided to tackle his eating and weight loss. He started by simply watching his calorie intake while finding a realistic balance between what was effective, yet sustainable. He quickly lost 40lbs in the first 5-6 months and hit a plateau. After researching the benefits of macro counting, he starting losing weight again and has lost a total of 83lbs! Now, at a healthy weight for his height, he is committed to getting in the best shape of his life.

Brandon visits BWC multiple times a week and many members are always praising his dedication to hard work and pushing himself during every workout. He runs 15 miles a week, climbs about 5000 stairs a week, and he incorporates aspects of Cross-fit, HIIT (high intensity interval training), boxing, and a new interest in Tabata. He competed in his first ever 5K in December 2018 and finished 6th overall in his age group. The time difference between 1st place and his time was only 45 seconds! Brandon says, "This is the best I have felt since I was 14 years old and competing on the amateur boxing circuit for the USA Boxing Association. My health is amazing. All of my yearly physicals since 2017 have been outstanding. My blood pressure is 128/63 and my resting pulse rate is around 60. The most effective in achieving my goals has been to look back where I came from and know that I will never be that person again. My weight has always been up and down. I would gain weight and then lose weight. I never understood how to maintain until I gained the knowledge." Brandon and his wife Ashley have two children, Juliana (daughter) and Brady (son) and he credits his success to their support along with a few others: "God,

Ben Kiker (karate instructor and helped me achieve my black belt in Taekwondo back in 1999), George and Mitzi Jeter (boxing instructors), Billy Huett (my first personal trainer), Tom Morrison (guidance instructor and trainer), my parents (Darrel and Marcey Cannon), and my Pastor, (Randy Postell)." Congrats, Brandon! We're so glad to have you here at BWC!

By: Megan Stockburger
Programming/Childcare Supervisor





Hamilton Bradley Wellness Center

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BARRE & BRUNCH

June 8th from 11:30A-1:30P
\$15 Members \$20 Non-Members

It's a strange, vague goal that many of us strive for: getting "in shape." But what does that actually mean? And how do you get there?

June 8th- get a great workout featuring a special ***Core Intensive Barre Session*** with instructor Rachel Weems. Sweat and enjoy a fun brunch afterwards! **Learn about balancing your workout program and what getting "in shape" really means.** Take some time for yourself to prioritize your health and learn the best ways to do so! Childcare is provided.