

WHEN WE INCREASE THE LOVE AND INTIMACY IN OUR LIVES, WE ALSO INCREASE THE HEALTH, HAPPINESS, AND MEANING IN OUR LIVES.

Studies on the places in the world with the highest percentage of people who live to 100 or more, are the best studies to gauge what is really important when it comes to long-term health and longevity. While all areas vary dramatically in terms of culture and even specifics when it comes to diet and activity. The studies found that the largest consistency within these group was that they all had meaningful social networks and connections. Showing that one of the most important things humans can do for their health is to have good relationships. Many fitness fanatics obsess about their diets and activity levels and ultimately do so at the expense of friendships and relationships - This is a mistake! If health is important to you, make sure you make good relationships a priority.

Medicine today tends to focus primarily on the physical and mechanistic: drugs and surgery, genes and germs, microbes and molecules - And working our way through a global pandemic we can be glad they do! However, it was the heart of people pulling together (even while staying socially apart!) that helped limit the effect of the coronavirus.

It is people caring for one another—not the impact of any medicine, diet or training routine—that has the greatest impact on our quality of life. We are creatures of community. Those individuals, societies, and cultures that learn to take care of each other, to love, and to nurture relationships are more likely to survive than those who do not.

Awareness is the first step in healing, both individually and as a society. Part of the value of science is to increase the level of awareness of how much our choices matter that we make each day. Not just a little, but a lot, and not just to our quality of life but also the quantity of life – to our survival.



When we understand how important these issues are, then we can do something about it.

- spending more time with friends and family
- group support
- compassion, altruism, and service
- commitment
- open communication skills
- confession or giving forgiveness
- touching
- meditation and/or prayer





“IT’S NOT THE YEARS IN YOUR LIFE BUT
THE LIFE IN YOUR YEARS THAT COUNTS!”
– ADLAI E. STEVENSON

LIVE LONGER, LIVE STRONGER

While aging is certainly a biological reality, **it’s possible to bend the aging curve!** If you follow a healthy enough lifestyle and exercise, you can soar above others in your health and vitality at every decade of life! It has now become clear that your chronological age has little to do with how old you feel, or how old you are biologically, meaning you can feel better and function at a younger age than you actually are! So with that in mind, we created a 6-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 again and reverse the aging process than I strongly urge you to join me, Tom Morrison, for our acclaimed 6-week, Live Longer, Live Stronger coaching program. What’s more, I’d love for you to test drive our program by coming to my orientation class on July 21st at 6:00pm at no cost.

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

- What aging actually is and two simple steps to significantly slow its impact.
- How to **melt inches and pounds** by decreasing insulin, and naturally ramping up youthful growth hormone.
- How to increase your stamina, **rebuild your metabolic energy** and start burning calories like a younger person again.
- How to bulletproof the heart with the protocols that research shows to be over 98% effective.
- How to **reduce cardiovascular disease and diabetes** risk by over 80% and **cancer risk** by over 60%.
- The latest research on brain health and **preventing Alzheimer’s and Dementia.**

No matter what condition your body is in today, you can transform your body and life! Sign up now to secure your spot! **Live Longer, Live Stronger, beginning Tuesday, August 11th at 6:00pm, running each Tuesday until September 15th.**



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





MEMBER SPOTLIGHT

APRIL DELOZIER

April DeLozier is a young professional from Dalton, GA who most BWC members will recognize as the cheery one lifting heavy weights with a huge smile on her face. Anyone who meets her can tell she loves life and she loves fitness. We sat down and asked her some questions to see how her health journey has looked throughout her life and how she came to find so much joy in it.

What has exercise and prioritizing health looked like for you throughout your life?

“Staying active and using my imagination were normal parts of my growing up years. While I was never drawn to your typical sports, my physical outlet needs led me to dancing, gymnastics, and cheerleading from childhood to high school. I have always had an active life and enjoyed challenging my body and my mind. Over time I have discovered all that my body can do and found life-long friends. It is also extremely

head-clearing and mood boosting; it brings me sanity! I also still find it extremely fun to challenge myself and tackle new goals.”

What setbacks have you encountered/struggles have you faced?

“My journey didn’t start out healthy. It began with small changes in hopes to improve my fitness, but quickly became a tool I used to create security and self-acceptance. The problem was that it was never enough, before I knew it, it had me. I became chained to a set of ideas in my head about how much I could control through what I ate and when/how often I worked out. In high school this led me to an eating disorder of reducing my food intake way too much, working out way too much, and in turn losing my joy, sanity, friendships, and ‘myself’ along the way. ‘Health’ was something that I used at the time to make me like myself but became something that controlled me.”

What was the healing process like? What gave you the motivation to push through?

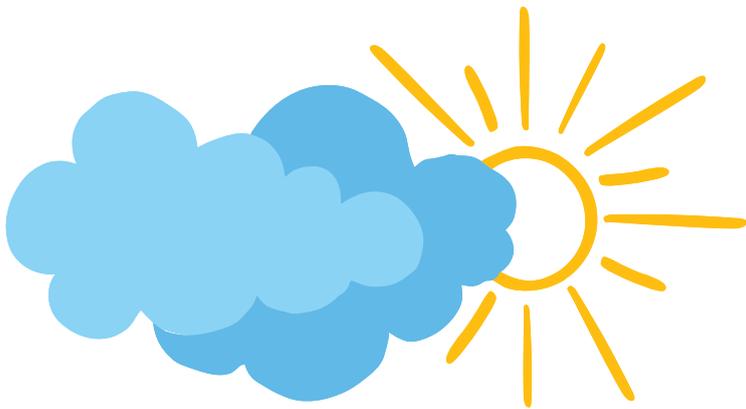
“I always say three things about how healing looked for me; It required a team, it happened from the “outside-in”, and it took time/patience. My team at the time was my family, (my dad’s strong encouragement and my mom’s constant prayers), trusted counselors, a specialized nutritionist, and my doctor. Those around me from my church and dance family also prayed for me and supported me in so many ways. While I was barely mentally ‘there’ at the time, I was willing to listen to reason because of how miserable I felt. My brother started teaching me how to exercise with weights with his bedroom weight-set. (This was my very first introduction to using weights!) I started eating a lot more and gaining weight. I started feeling and looking much better. But physically improving was incomplete without addressing what was causing this problem from the inside. I needed to address a lot of lies I believed and had to personally apply the truth I had been taught for so long. Through this process, I began realizing the amazing GRACE and forgiveness of God. This was how I finally began to see myself in a more accurate way.”

What do you feel like has been the most effective in achieving your goals?

“This answer has changed during different periods of my life. When I have been invested in a team-oriented situation (such as dance), or was involved in Olympic lifting, it was crucial that I had quality support and guidance in my fitness choices. I needed a good instructor/coach. I needed people who knew what they were doing and could cheer me on and steer me well. Now, I’m not on a team or competing in a sport, I’m just trying to stay well and keep in shape! What’s working for me is picking one or two weaknesses I really want to improve at a time and tackling those over a couple of months. Whatever I do these days, I make sure I find it FUN. This is currently how I’m reaching my goals.”

How you have improved/what has changed in you the most?

“If I could talk to 16-year-old April, I’d tell her that real fitness takes time and it’s allowed to look different over time. Your body is unique and will do amazing things if you give it the time and process. But the most important thing about you is not your body or your health. Lasting life comes when you can put the mirror down and begin to seek and find the beauty of Who God is. And learn to receive real Grace. He’s always able to help you like yourself like no one or nothing else can.”



BRADLEY WELLNESS CENTER

KIDS SUMMER BUCKET LIST

30 WAYS TO STAY ACTIVE THIS SUMMER

- water balloon fight
- make s'mores
- run through sprinklers
- go rollerskating or biking
- explore a new place
- family movie night
- send a postcard
- create an obstacle course
- have a dance party
- catch fireflies
- go swimming
- make your own movie
- watch fireworks
- paint with your hands
- donate toys
- stargaze
- kids run the day
- make cookies
- have a picnic
- paint rocks
- read a book
- family game night
- dance in the rain
- help a friend
- build a fort
- acts of kindness day
- pet a farm animal
- watch the sunrise
- stay up late
- outdoor scavenger hunt