



2005 City Line Road
Suite 104
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Summer Newsletter

www.advantagenutritionandwellness.com

Nutritional Services

Advantage Nutrition & Wellness provides evidence based nutritional therapy for a wide range of dietary and medical concerns including weight management, healthy eating, diabetes, cardiovascular diseases, eating disorders, sports nutrition and much more.

We serve adults, adolescents and children as well as secondary schools, colleges, universities and corporations through individual and group counseling as well as classes.

We accept a number of medical insurances.



The group classes have started!

Cardio Conditioning – This class combines high and low intensity cardio and toning all into one class.

Core & More – Focuses on strengthening the muscles of the abs and back while improving balance.

Senior Fitness – A class designed for seniors who want to improve their balance, flexibility, and cardiovascular endurance.

Total Body Toning – This class will help you condition all of your major muscle groups without heavy lifting. Firm up the body using dumbbells and your own body weight.

Circuit Training – An intense strength, endurance, and speed workout using plyoboxes, dumbbells, speed ladders, and stability balls.

Heart Rate Monitoring Walking Class – Walk with a heart monitor on and learn how to gauge your workload based on your heart rate using three levels of training.

Yoga – Interweaves breath work, meditation in motion, yogic philosophy, and anatomy in each of the classes.

Bring a friend and start a class!

Other Fitness Services:

Personal Training, Personal Yoga and Open fitness for clients with a current package.

STOP IN AND TAKE A TOUR!

Real Food.

Real Understanding.

Real Results.



Healthy Tips:

Nutrition:

Eat Breakfast! Research shows that the most successful "losers" never skip it.

Try to keep it balanced with some protein, a healthy carb, and a small amount of fat. Here are some examples: an egg-white omelet with fresh berries and a piece of whole-wheat toast, or a skim milk shake with fruit and yogurt.

Fitness:

Buy a Pedometer! A pedometer keeps track of how many steps you take daily. Wear it every day, around home, work, and while exercising. Your National Body Challenge goal is to increase your steps to 10,000 or more daily!

May & June Class Schedule

Monday

6:30 AM Yoga(Pre-register)
12:00 PM Lunch Hour Toning

Tuesday

9:00 AM Heart Rate Monitoring Walking Class
12:00 PM Cardio Conditioning

Wednesday

12:00 PM Lunch Hour Toning
5:30 PM Yoga(Pre-register)

Thursday

9:00 AM Heart Rate Monitoring Walking Class
12:00 PM Cardio Conditioning

Friday

12:00 PM Lunch Hour Toning

**OR BRING A FRIEND AND START
YOUR OWN CLASS!**

Upcoming Events

Coming Soon: Massage Services

Register Now:

Summer Camp

Children Aged 6-12

July 21st-August 1st

Activities:

- Hands on cooking
- Fitness Obstacle Courses
 - Morning Walks
 - Yoga
 - Karate

