



Athletic Development

Fitness Consulting

Health & Wellness
Education



www.2goodhealthllc.com

Below is the **2 GOOD HEALTH** e-newsletter. If you are reading this from your Junk mailbox, please remember to add info@2goodhealthllc.com to your email address book, so that you can benefit from this free information-packed newsletter.

This April issue of the **2 GOOD HEALTH** newsletter contains the following (in order). These section links can be used to quickly jump to your favorite section first. Just click and go.

- Greetings from 2 Good Health
- Feature Article - *Live Long and Prosper*
- 2008 Summer Camps
- Supplemental Moment
- The Doctor Speaks
- 2GH Client Referral Program
- Friends of 2GH

Greetings from 2 Good Health

“April showers bring May flowers.” Similar concept in fitness terms: **“With great effort comes great results.”** Everyone has heard it before, but we will say it again—when it comes to health/fitness, there is no substitute for hard work, dedication, and persistence. If you put in the effort, you will indeed get results. And then, when you get your long-awaited results, they are only made sweeter by having family and friends to share them with.

Not only does **2 Good Health** enjoy teaching and training, but **we find greater satisfaction in rejoicing with our clients** when they reach their goals and see great results. So, it is our joy to share the results of three **2GH** clients who have worked and sweat for a minimum of six (6) months to attain some phenomenal results.

Bodybuilders Fred Cephas, Scott Green, and Vince Heard competed in the Supernatural Bodybuilding & Fitness (SNBF) Championships on April 12. After enduring six months of intensive weight training, strict eating regimens, and constant personal sacrifice, these fine athletes achieved four (4) first-place awards, and then some. Here are the details:

- Fred Cephas – 1st PLACE Open Men’s Tall; Overall Men’s Best Poser
- Scott Green – 2nd PLACE Novice Middle-Weight Men; 4th PLACE Masters Men
- Vince Heard - 1st PLACE Masters Men; 1st PLACE Open Men’s Medium

CONGRATULATIONS gentlemen on these awesome achievements! They were hard-earned and well-deserved.

Pictures coming soon. Check out the website! www.snbfc.com

Blessings,
Charles and Sheril

Feature Article

Live Long and Stay Strong with my

Top 10 Anti-Aging Foods

Recently, in the media, there has been much ado about anti-aging foods and many people have been searching endlessly for ways to **look and feel young**. People seem to be fascinated with the whole idea of being able to “*live long and prosper*”, and are very open to strategies which might help them in their quest to live as long as possible. Who wouldn't be? I know that as I age, I too find myself much more attentive these days when I hear about ways I can slow down my aging process. And with two young daughters, that aging process appears to be moving much more quickly than I would like.

While I don't particularly care for the term “Anti-Aging”...mostly due to the fact that it can be misleading and cause people to believe that they can somehow “reverse” the aging process (which is not the case), I do believe that there are foods that can help us in our quest to live long and vital lives while helping to **resist or slow the effects of aging**.

Always remember that **variety**, **balance**, and **moderation** are the key to a successful long-term nutritional plan. There are many other foods that were not included in this top 10 list, which are just as important for good health. So, if you know of them, please use them toward your good health. That being said, here's my top 10:

10. Low-Fat Dairy
9. Legumes (Lentils & Beans)
8. Whole Grains
7. Soy
6. Nuts & Seeds
5. Spices
4. Allium Family – Garlic, Onions, Scallions
3. Essential Fatty Acids/Oils
2. Anti-Oxidants (Fruits/Vegetables)
1. Water

A more detailed list of foods within each of the above listed categories is available to you in PDF format on our website at www.2goodhealthllc.com. In case you were wondering, I also happen to have a top 10 list of foods which promote premature aging. If you're interested in this list, you may also access this list on our website or you are welcome to send me an email and I'll be glad to send you that list. As always, I look forward to your feedback and correspondence. Good day and Good health.

2008 Summer Camps

Baseball & Softball Summer Camps

2 Good Health is pleased to be a part of some very exciting camps taking place at The Winder Dugout this summer. Owner and head trainer of 2GH, Charles Burrage, will be providing the Speed & Agility training for baseball and fast pitch athletes ages 8 – 14. Five (5) camps are being offered between June 2 and July 24. Exact dates and other details of the

camps can be viewed on our website www.2goodhealthllc.com or The Winder Dugout website at www.thewinderdugout.com. **REGISTER TODAY!**

All Sports Speed & Agility Camps

2 Good Health is conducting Summer Speed & Agility Camps for all athletes ages 16 – 18. These camps are designed to prepare you for your next big try-out or major competition. We will maximize your sprint technique and improve your agility through proven and highly effective drills, instruction, and physical training. Two four (4) week camps are being offered between June 2 and July 24. Location: The Winder Dugout on Atlanta Highway in Winder. More details at www.2goodhealthllc.com or www.thewinderdugout.com. **REGISTER TODAY!**

Supplemental Moment

2 Good Health holds firmly to the belief that in order for athletes and those with physically active lifestyles to get the most from their training, sound nutrition is essential. We also believe that, though our food provides us with necessary energy and essential nutrients, the rigors of everyday life and the impact of athletic and environmental stresses may create a need for additional nutritional support.

It is important to note that **not all nutritional supplements are created equal**. That being said, it is helpful to have a professional to “report” on the good and the bad. So, visit the Nutritional Products section of the Nutrition page on our website—www.2goodhealthllc.com—to try one of our two suggested supplement lines, Infinity 2 Sports Nutrition or Mona Vie, an açai based functional fruit beverage.

All supplements recommended by 2 Good Health contain 100% all natural ingredients and have no potentially harmful stimulants.

The Doctor Speaks

2 Good Health is pleased to be a partner with the Winder Branch of Piedmont Regional Library to provide health/wellness programs throughout this year. The next scheduled session is:

Tuesday, June 17 at 2:00 pm. Metamorphosis - The library’s summer youth program. Middle school-aged students will learn about healthy life-styles, simple ways to stay healthy, and will sample easy-to-make healthy treats.

Also, stay tuned to the **2 Good Health** e-Newsletter or website and Winder Library for detailed information about other programs to come this year.

2GH Client Referral Program

Remember that **2 Good Health** has a **CLIENT REFERRAL PROGRAM**. This is an ongoing program that has no end date to it; so send those referrals and take advantage of this great program. Here’s how it works:

1. You, our valued client, refer 3 friends, family members, co-workers, etc. to 2 Good Health¹
2. Those 3 people purchase services or products from 2 Good Health
3. You, our valued client, receive 10% off of a new service or product OR 10% off of your next monthly service invoice.²

¹ Must be a new client/customer

² Item that is discounted not to exceed \$200

As we mentioned, this is an ongoing program with no end date. So, if you refer 6 new clients within the same year that means you would have earned two (2) 10% rewards toward your own services/products. **GO FOR IT!**

Friends of 2GH

Here are some new friends of **2GH** that we would like to introduce to you. When the opportunity arises, we hope that you will consider patronizing/supporting their business/organization. We like them; we hope you do too.

Barrow County Special Olympics (Winder-Barrow High School) – Friday, May 16th, 9am – 12noon

Contact: Kim Jackson 770-867-4519 or kjackson@barrow.k12.ga.us

The Barrow County Special Olympics is requesting donations and volunteers for this very worthy cause. So, **it is not too late to help!** Send a donation or call to volunteer. Donations can be sent to Kim Jackson at WBHS. Checks may be made payable to Barrow County Special Olympics. We'll see you there!

The Winder Dugout – Indoor Batting Facility 770-867-2122, www.thewinderdugout.com

The Winder Dugout is owned and run by Matt Robison. The focus of this business is to provide baseball/softball players of all ages the opportunity to improve their technique and performance. State-of-the-art equipment includes Batting Cages, Radar Guns, Dirt Pitching Mounds, and Pitching Machines. The Winder Dugout understands that a combination of strong, athletic bodies, as well as excellent technique make the total athlete. Due to that understanding, The Winder Dugout seeks to provide additional services such as camps that include coaching, strength & conditioning, and speed & agility. Call Matt today to reserve your batting cage or instructor. Check his website for details on current and future camps.