

Four Easy Ways to Boost Your Health, Strength and Confidence **A Speaker Evening sponsored by the** **G.Y.W. (St. George Young Women's Group)**

The health and quality of life of over 60 percent of Canadians is threatened due to physical inactivity. In our age of technology, we spend too much time in our cars, at our desks and watching T.V..

Scientists have proven that physical activity reduces the risk of most illnesses and disease including heart disease, high blood pressure, stroke, obesity, various cancers and premature death.

Shockingly, as much as one half of the decline in physical function between the ages of 30 and 70 can be attributed not to aging itself, but rather to a sedentary lifestyle.

In children, studies have shown that physical activity has many benefits, including increased attention span, concentration and mental acuity.

In fact, medical experts agree that nothing holds as much promise for sustained health as a lifetime program of regular physical activity, regardless of your age.

With our busy work life and home life schedules, time is the most common factor preventing us from getting enough exercise.

Join us for an informative discussion with health and fitness expert Adonna Greaves as she shows us how to regain a work/life balance using the most effective ways to exercise in a short period of time. As a breast cancer survivor, Ms. Greaves understands the importance of maintaining a healthy lifestyle, even at the most difficult of times. She will take us on an exciting journey of perseverance, courage and dedication as we learn how to overcome life's challenges through simple exercise, proper nutrition and healthy living.

So don't miss this fun, interactive and informative hour-long session on Wednesday, March 17th at 7:00pm at St. George's Orthodox Church, 555 Jean Talon. Wear casual, comfortable attire and be ready to "be moved" in more ways than one.

The St. George Fellowship Hall can only hold so many, so register now to hold your spot: Call the church office at (514) 276-8533.



- *Founder, President and Master Trainer of Studio Adonnics*
 - *B.Sc. Honors degree in Microbiology and Biochemistry*
 - *Former Immunology and Cancer Research Technologist at the Toronto Hospital for Sick Children*
 - *Over 30 years experience teaching group exercise classes*
 - *ACE certified personal trainer and certified group exercise instructor since 1991*
 - *Tae Kwon Do Black Belt, 2x North American Champion, 3x Canadian Champion*
 - *Creator of Cardio Combat, a popular Kickboxing Group Fitness program*
 - *Host of Fitness Zone TV Show, aired in over 20 countries internationally*
- For more info, contact Adonna Greaves at 514-731-7860**
adonna@studioadonnics.ca and www.StudioAdonnics.ca