

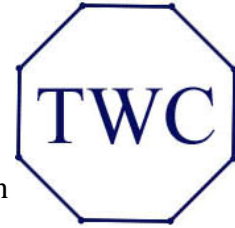
Total Wellness Concepts

January 2010 Newsletter

By Steve Seater, MA, CN, CNC, CPT



REMINDER: TAKE BACK YOUR HEALTH FREE WORKSHOP



Come out to Blueberry Gardens Wellness Center on January 24, 2010 and start the New Year off right. This free two hour interactive work shop will cover the latest on wellness/nutrition, exercise and holistic health care. The program is set for Sunday from 2:00 - 4:00 PM. at 237Ashton Rd. (Rt. 108) in Ashton, MD. Refreshments will be served.

Here's what you will learn:

- the importance of having a spiritual practice for well being and longevity;
- Why it is best to eat according to your metabolic type;
- Why exercise is an essential nutrient for wellness;
- Why heredity doesn't always determine your health status or predict disease;
- Why inflammation is much more important as an indicator of cardiovascular disease than is cholesterol and how to measure it;
- how to prevent many cancers and even the flu by taking this common vitamin;
- why sleep and relaxation are crucial to good health; and
- What the Blue Zones teach us about health and longevity;
- the importance of choosing a holistic physician for optimal health and much more.

There will be handouts covering such topics as the anti inflammation diet, the best and worst oils to use when cooking and the benefits of exercise.

You may register for this workshop (and be entered in a drawing for a free consultation) by contacting Steve Seater at 240-888-5453 or steve.seater@gmail.com.

Steve Seater is a certified nutritionist, certified nutrition consultant, certified personal trainer and spinning instructor. He leads exercise classes such as spinning and body sculpt at neighborhood gyms has personal training clients and provides nutrition consultations to numerous individuals.

If you have any questions about your diet or how to adopt a therapeutic lifestyle, which is without question the most powerful tool there is to positively impact your health for the rest of your life call me at 240-888-5453 or 240-345-7328. You can also visit my web site at www.totalwellnessconcepts.com. Be Well.

Steve Seater, CPT, CNC, CN, is a life long fitness enthusiast with a strong interest in holistic nutrition and wellness. He is a certified nutritionist (CN), and a certified nutrition consultant (CNC). Additionally, he is a certified personal trainer (CPT) and a certified spinning instructor.