



Attention Rolesville! Achieve Your Health & Fitness Goals in 2010

Lecture Series Will Get You on the Right Track

Join Mike Inabinett, owner of Healthy Numbers, for a series of lectures that will help you achieve your personal health and fitness goals.

Learn what you need to know about fitness, nutrition, antioxidants and weight loss. Get expert advice from a professional fitness trainer and nutrition counselor with over 26 years of experience.

All lectures will be held at the Town of Rolesville Parks & Recreation; 514 Southtown Circle, Rolesville.

Topics

- Fitness Success Principles and Myth Busters – Learn the most effective methods of exercise for long-term fitness success and dispel many fitness myths – *Wednesday, March 10, 12:05 pm & Saturday March 13, 9:00 am*
- The Nutrition Connection to Exercise and Weight Loss – Understand the importance of nutrition and its effects on exercise performance and weight loss – *Wednesday, March 24, 12:05 pm & Saturday March 27, 9:00 am*
- Antioxidants Your Key To Thriving Health – Hear about this important factor for your long term health and disease prevention or reversal – *Wednesday, April 14, 12:05 pm & Saturday April 17, 9:00 am*
- Thriving Health In A Surviving World - Based on the 8 Principles of Food & Health from The China Study by T. Collin Campbell, you'll get the key fundamental principles for obtaining thriving health – *Wednesday, April 28, 12:05 pm & Saturday, May 1, 9:00 am*



Mike Inabinett, owner of Healthy Numbers, and resident of Rolesville, is dedicated to improving the lives of others through personal training, fitness boot camps and various practical educational workshops and lectures. Having spent the last 26 years as a health and fitness professional, Mike brings his knowledge and experience to businesses, civic groups, schools, and churches. Phone: 919.801.5353 Email: mike@healthynumbers.net

Sponsored by Mayor Eagles and the Town of Rolesville Parks & Recreation Department