

PINECREST
COMMUNITY CENTER
@ PINECREST GARDENS

presents

Exercising and eating right for healthy aging with author and fitness expert Bill Cortright

**11 a.m. on Saturday, May 15th
at Pinecrest Community Center at Pinecrest Gardens,
11000 Red Road, Pinecrest**



Bill Cortright, author of *The Stress Response and Lifestyle Program*, will give you the tools to live a healthier and longer life using his BioFit health and fitness strategies.

BioFit - short for biologically fit - starts by helping you establish your current biological age and then determines the proper nutrition and exercise plan needed to improve your health.

By changing your diet and introducing a fitness routine, you can balance your hormones and improve potentially dangerous conditions such as diabetes, high cholesterol, among others, and ensure a long and healthy life.

Learn more at www.biofitprogram.com

Signs of Unhealthy Stress Response

- You have intense cravings for sweets and carbs.
- You aren't hungry in the morning, but starving at night.
- You have trouble falling asleep and staying asleep.
- You wake up feeling tired and unable to think clearly.
- You feel overwhelmed.
- You experience tachycardia.
- You can't function without caffeine.
- You catch frequent colds.
- You suffer from panic attacks.
- You can't lose weight.

