

Rhoads Family

HEALTH & WELLNESS



RHOADS
INDUSTRIES

SINCE 1896 *Rhoads* FAMILY OWNED

Welcome

Rhoads Industries values your well-being! To that end, we are pleased to launch a monthly newsletter focused on health and wellness to benefit our employees and their families. The *Rhoads Family Health & Wellness* newsletter will be produced by the Elite Personal Training and Fitness Solutions team of experts. Each monthly edition will be full of reliable health-related information for you and your family. We are delighted that this partnership will improve health and trust you will find our discussions about nutrition, exercise, stress management and sleep hygiene to be quite valuable.

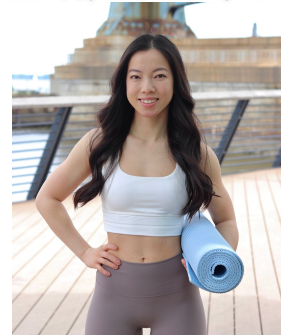
Meet The Team

DAVID TRUMBORE PT, DPT, CSCS, CWT, CPI



Dr. Trumbore is the owner and director of Elite Personal Training and Fitness Solutions. He specializes in personal fitness training and wellness initiatives and is an expert in weight management. With 38 years of experience, Dr. Trumbore has developed high-end expertise in the comprehensive evaluation, management, and training of fitness clients. Additionally, as a Dr. of Physical Therapy, he is an expert in the evaluation and treatment of musculoskeletal disorders and has helped thousands of clients reach their rehabilitation and fitness goals.

AMY KHA BS, NASM-CPT, PNI



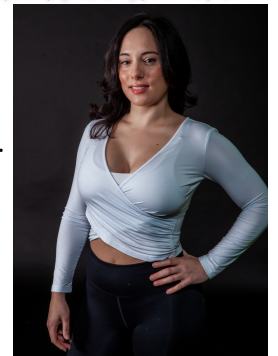
Amy Kha is a Certified Personal Trainer who graduated from Temple University with a Bachelor of Science in kinesiology and also holds certifications in exercise nutrition. Amy specializes in resistance and functional training and has a keen ability to prescribe, customize, progress and monitor exercise programs which allows her clients to achieve their goals in a safe and effective manner. Health, wellness and fitness are about getting comfortable with the uncomfortable. Amy has a passion for helping clients achieve their goals in a challenging yet comfortable atmosphere.

ADRIENE KHON BS, NCCA-CPT



Adriene Khon is a Certified Personal Trainer and graduated from Temple University with a Bachelor of Science in kinesiology. His scientific background allows him to prescribe biomechanically sound and high-end fitness training programs to maximize progress and minimize injury. Adriene's positive energy, scientific expertise and experience as both a physical therapy assistant and personal trainer allow him to create an enjoyable, comfortable and highly effective training environment.

JOANNA MCGOUGH MS, PA, (ASCP), AT-C, CPT



Joanna McGough graduated from Thomas Jefferson University with a Bachelor's degree in biotechnology. She also received her Master's from Drexel University in anatomy and pathology. Additionally, she holds certifications in personal training, Ashtanga Yoga, and athletic training. Joanna specializes in helping people achieve physical, mental, and spiritual balance with the art and science of yoga. She works with people with disabilities, beginners in fitness, and professional athletes to help improve their quality of life and/or sport.

Website: www.eliteptf.com

Elite Personal Training and Fitness Solutions

1800 Byberry Rd # 703

Huntingdon Valley, PA 19006

Phone: 215-947-2099



Our Health Is Getting Sicker



Billions of dollars are being poured into gym memberships, home exercise equipment, diets, Google searches, YouTube videos and exercise apps. Despite all this, Americans are getting more and more unhealthy! The average American is 30 pounds fatter than they were 30 years ago and approximately three out of four Americans are either overweight or obese.

One of the problems is that much of our information comes from Hollywood stars, bizarrely genetically gifted athletes and free-lance Internet writers with no scientific background. But stay tuned -- each monthly edition of *Rhoads Family Health & Wellness* newsletter will supply you with health-related information that will be scientifically accurate, safe and applicable!

HEALTH TIP

Cancer and Omega-3 Fatty Acids

Cancer! Just seeing or hearing the word is stressful – and for good reason. We all fear getting this diagnosis and probably know someone who has suffered from it. And since cancer is the second leading cause of death in America, it is a legitimate concern.

What does this all have to do with omega-3 fatty acids? Well... Everything!

Omega-3

Omega-3, “good fatty acids”, are essential for many aspects of human health. They are crucial for brain function, vision, reduction of inflammation and improved cardiovascular health.

Recent studies show that in the presence of adequate levels of omega-3 fatty acids, particularly DHA, cancer cells die. This reduces both the incidence and progression of cancer.

But there's a catch...

The recommended amount of DHA omega-3 fatty acid is at least 250 mg per day in order to have this anti-cancer effect. However, the average American diet provides less than 50 mg per day.

Action Steps

Boost your fatty acid consumption by eating the following foods: salmon, flax oil, chia seeds, sardines, shellfish and walnuts. Ensure that you are consuming adequate amounts by taking an omega-3 supplement. We recommend Life Extension Super Omega-3 EPA/DHA Fish Oil.



*If you don't make time for wellness,
you will soon need to make MORE time for illness!*

Excited? - want more information? [Click me!](#)

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