

The future of fitness is here!

Win a FREE assessment package valued at \$500!

The rules are simple, the reward is great! Starting tomorrow, July 1, just go to our online Contest, upload a photo of yourself and tell us in 100 words or less why you want to become a member of LONGEVITY Performance Center.

Your entry will be reviewed and assigned a unique URL which you can share with your family and friends, asking them to vote for you. All entries will be visible on our website, voting is limited to one vote per day per IP address.

The winner will be chosen by an executive committee, and will be based on a combination of entry essay and votes.

The winner will receive a FREE assessment package Assessments are required for membership and consist of

- · Genetic analysis for fitness

- Genetic analysis for fitness
 Genetic analysis for nutrition
 Baseline blood biomarkers
 Computer-based cognitive assessment (optional)
 Initial counseling session with staff to create personalized fitness plan
 Up to six complimentary cold laser therapy sessions, if prescribed.
- prescribed
 Stainless steel logoed water bottle



Sample Entry

0 VOTES

VOTE NOW

LPC adds cold laser therapy

Cold laser therapy is the newest addition to the services that will be available at LONGEVITY. Cold laser therapy, also known as low-level laser therapy, is a non-surgical treatment in which non-thermal light photons are applied to the body, passing through the skin layers to tissue of the affected area to treat and accelerate the healing process.

The procedure helps with relief from pain, inflammation, and muscle spasms, and it improves range of movement. Lasting on average 5-10 minutes each, cold laser treatments run anywhere from \$30-\$200 a piece, making the complimentary cold laser therapy sessions a valuable benefit to your LPC membership.



There's still time to claim your "Early Bird Discount"

erformancecenter.com/join by August 31, By submitting the short interest form at www.longevitypert 2018 you can save \$600 on your first year of membership.

Submitting the form does NOT obligate you to membership.

NO MONEY IS REQUIRED at this time. Once the Center's website is set up for processing payments, you will be contacted about membership.

LPC construction update

We are still on track to begin our buildout the first week of July.

With equipment scheduled for deliver mid-August, we expect to be ready for our Grand Opening September 29 - mark your calendars!



Control high blood pressure with exercise

Your risk of high blood pressure (hypertension) increases with age, but getting some exercise can make a big difference. And if your blood pressure is already high, exercise can help you control it.

How are high blood pressure and exercise How are high blood pressure and exercise connected? Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort. If your heart can work less to pump, the force on your arteries decreases, lowering your blood pressure.



Becoming more active can lower your systolic blood pressure — the top number in a blood pressure reading — by an average of 4 to 9 millimeters of mercury (mm Hg). That's as good as some blood pressure medications. For some people, getting some exercise is enough to reduce the need for blood pressure medication.









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