



Presents...Coach Hammer “AGE Defying Tips— Secrets to Longevity”

Coach Hammer

B.S. Physical Education, Health & Recreation
(Exercise Physiology, Kinesiology and Nutrition Science)



For over 30 years, Coach Hammer has been training and educating America on the fundamentals of fitness, nutrition and health. Recognized nationally as an expert on human body development, his inimitable style embodies the idea of what man can perceive, he can achieve.

Beginning HammerBodies back in 1970 while still in college; Hammer has evolved his company throughout changes and advancements in health and fitness. From day one, however, his primary goal has remained the same: to help others "Stay Healthy and Be Fit." Throughout his career, Hammer has been on the cutting edge of individual, group and corporate fitness training, developing and implementing innovative training programs and educational materials for a wide array of organizations and individuals.

Age Defying Feats How to Beat the Clock With HammerBodies

Come join us for an in-depth overview on outshining the traditional signs of aging with better health, higher energy and a great quality of life.

Coach Hammer of *HammerBodies* Custom Fitness has made it his life's mission to help educate people on the importance of fitness, nutrition and health. He has a training portfolio full of custom fitness clients, young athletes discovering and developing their potential and well-known professional athletes. Now he's applying this huge variety of experience and learning to the process of training others to tune their bodies and minds to the frequency that comes with eating right, getting regular exercise and being the healthiest they can be. A healthy body radiates and age just doesn't look the way we're accustomed to seeing it in the past.

He'll share information with you on:

The hidden “**super-foods**” readily available at the local super market that can transform your life;

Simple, easy movements that leave you feeling better, more awake, more alive than you have in awhile;

Putting it all together in easy-to-manage strategies to help you get your groove back.

DATE: June 26, 2009 (Friday)
TIME: 6:30 p.m.
LOCATION:
Lone Wolf Coffee Company
15480 Clayton Road
Ballwin, MO 63011
636-527-7027