

YATTLEBORO



30 Years to Health & Fitness Lecture - Thursday, March 18, 2010 at 7:00pm

Hi my name is Rich Brandoli, and during National Nutrition Week I'm happy to share the experiences of my 30+ year journey from an unhealthy lifestyle of poor nutrition and weight gain to 297 lbs (at 5' 6") to my current 170 lbs of health & fitness.

The consequences of my years of unhealthy choices led me through frequent sicknesses related to high blood pressure, high cholesterol, hypoglycemia, sleep apnea and adult onset asthma for which I was twice hospitalized for serious complications. Not to mention the side effects of various medications like prednisone and several minor car accidents due to my constant fatigue.

Through those years I tried all the diet fads and exercises possible; low fat, high fat, no fat, high carbs, low carbs, hi protein, soup diets, fruit diets, vegetable diets, liquid drink diets, one meal a day, no meals a day, water fasting, and juice fasting. I lost weight and gained weight several times but could never quite win over my food addictions.

Then at 48 yrs old and in my second stay for a week in Sturdy Hospital, this time surrounded by elderly sick people, I realized it was time to stop procrastinating and get serious. That decision 10 years ago eventually led to the following results (without surgery or medicine);

Weight	297	170
Body fat	40%	16 % (my goal is 10 %)
Blood Pressure	144 / 93	105 / 65
Resting heart rate	91	52
total cholesterol	220	143

It's never too late to take charge of your health! Let's talk about it. See you there! - Rich

***-Free- Reservations not required but please call the Downtown Branch
by March 12th to assure adequate seating***



**Attleboro YMCA
Downtown Branch**
63 North Main St.
Attleboro, MA 02703
508-222-7422

Pleasant Street Branch
537 Pleasant St.
Attleboro, MA 02703
508-226-7700

**Norton YMCA
Program Center**
111 West Main St.
Norton, MA 02766
508-285-7574

**Norton YMCA
Outdoor Center
& Camp Finberg**
290 West Main St.
Norton, MA 02766
508-222-7292 (in season)