



CHI -eNews

Hawaiian Luau

A luau is a Hawaiian feast that typically features such foods as poi, kalua pig, poke, lomi salmon, opihi, haupia and beer; as well as entertainment such as Polynesian fire dancing, Hawaiian music and hula. In Hawaii the concept of luau, aloha, party time and celebration are all one and the same.

Click link > <http://www.youtube.com/watch?v=7vbRkdcyxtI>



Camp Hawaii Intensives (CHI)

Great news everyone! CHI has a fantastic, fun-filled four-day health and fitness camp planned for April 2010 using the beautiful local Hawaiian environment on the Island of Oahu as the setting for all CHI Camp Hawaii Intensive Sessions, educational lectures and outdoor fitness events.

The Camp will include sixteen educational and fitness active, nutrition science and health related intensives over a four day period including conference room lectures at the Aston Waikiki Sunset Hotel on various topics including body typing, performance nutrition for the active lifestyle, antioxidants, anti-aging strategies, dietary supplements and e-Training.

As a unified collective committed to achieving optimum health through fitness and consuming natural whole foods, we will all experience a natural whole food cooking class and learn how to whip up a protein shake using high-quality protein, essential omega-3 oils and fresh Island fruit.

For outdoor events we will venture out and enjoy a lush, tropical waterfall hike, spectacular views from the top of Diamond Head volcanic crater, swimming and bodysurfing at beautiful Makapuu beach, a group stretch class for flexibility in the shade of Monkey Pod trees at nearby Kapiolani Beach park and a gym workout tour at Honolulu 24-Hour fitness center.



The Camp will also include a visit and tour to a popular retail health food store in Honolulu stocked with hundreds of dietary supplements and sports nutrition products.

The goal is to enhance our knowledge of health and wellness together and find the motivation and desire everyone needs to pursue the highest level of health possible.

All attendees will experience the Aloha magic of Hawaii blended with our special CHI emphasis on sports nutrition, health and fitness. We will all enjoy protein shakes, healthy snacks, group discussions on life and living, special guest presentations and of course, a traditional Hawaiian luau.

The Camp is designed for the general public and athletes, as well as teachers, coaches, personal trainers, health food store retailers, health professionals and all those who love Hawaii. More details coming soon...

Audio Excerpt

SNU Special Guest Interview V7N9 (part 3)

Dr. Loren Cordain: Paleolithic Nutrition

Click link > <http://www.coryholly.com/snu/archive.cfm?id=79>



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As always...stay well and live free!

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Waikiki Hawaii

Cory & Tracy now reside in Waikiki on the beautiful Island of Oahu...www.coryholly.com/about

CHI Motto

Kulia i ka nu'u...Hawaiian for "strive for the highest"