



## CHI -eNews

Register here > [CHI Camp Hawaii](#)

### Telephone Consultation

All CSNA students and graduates in North America who are active [CHI Members](#) are invited to consult personally with Dr. Cory Holly by telephone at CHI expense. Cory will teach, mentor and guide you to better health, wellness and performance. Talk to Professor Holly about any questions you have about the course, your career path or your personal health. Enhance your knowledge by speaking directly to CH.



Email Request for Consultation > [chi@coryholly.com](mailto:chi@coryholly.com)

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### Easter Aloha

By invitation, Tracy and I attended a wonderful Easter Service Sunday morning hosted by the [Unity Church of Hawaii](#) at the [Waikiki Shell Concert Theater](#) located in Kapiolani Park. The service was very cool; in fact it was one of the best I've ever attended. The music and vocals were absolutely incredible. The live orchestra included Ukuleles, Harp and Hawaiian guitar.

The event began with a traditional Hawaiian Hula show, followed by a lovely choir presentation. The message "Living a Life of Resurrection" came from Hawaiian Reverend Sky St. John. His words were reinforced by the actions of world class actor Dr. Terrence Knapp, who played the character of Father Damien, reading from Damien's letters. Father Damien, revered in Hawaii, was the priest who dedicated his entire life working with [lepers](#) on Molokai.

Living a Life of Resurrection regardless of your faith or particular religious persuasion (if any) means to LIVE with passion and purpose. As I shielded my eyes from the bright morning sun I thought, "This concept is exactly the same as a life dedicated to optimum health through nutrition and fitness."



The objective is to walk in the firmness of our conviction. To live a life guided by knowledge and confidence gained by education that creates optimum health and wellness. The message here is potent and powerful. It is possible for any person to turn and walk away from a lifestyle of self-affliction and harm, but, and this is a BIG BUT, there must be massive change from within first, it must be genuine, and it must be followed by consistent action that complies with the principles that optimum health demands. Walking in the right direction always helps us to grow stronger and wiser. Choose carefully.



### Audio Excerpt SNU V5N4 (part 3)

Click Audio link > [Debbie Perry](#)  
then click [Download Preview](#)



Click YouTube link > [Chi Sports Nutrition Principle No.8 - Supplements](#)

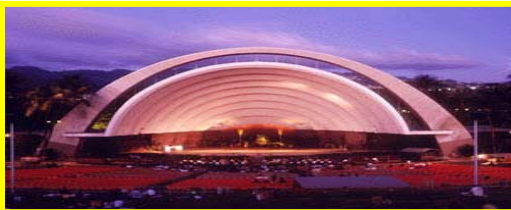
Click Website link > [CHI Camp Hawaii April 15<sup>th</sup>-18<sup>th</sup>, 2010](#)

Click Article link > [CHI Athlete's Food Pyramid](#)

## CSNA Student & Graduate Quotes

*“Sports nutrition is greatly misunderstood and heavily shrouded by misinformation, sky-high promises and bold face lies. However, upon peeling away the layers one can realize the immense role proper nutrition plays in both athletic performance and optimum health.”*

~ Matthew Taylor CSNA Student – Oshawa, ON, Canada



As always...stay well and live free!

Go Big Go Strong Go [CoryHolly.com](#)

Waikiki Shell Oahu HI

Click YouTube link> [Music of Hawaii](#)    Click Audio link> [He-Said She-Said Mar 2010](#)

