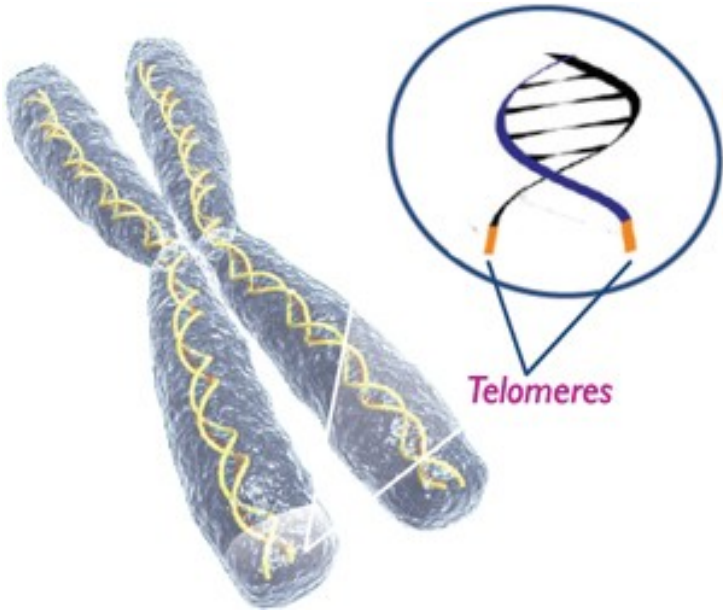




CHI -eNews

Register here > [CHI Camp Hawaii](#)

Telomere Shortening



Telomeres are sections of protective genetic material at the end of each chromosome that prevent chromosomal “fraying” when a cell replicates. As a cell ages, its telomeres become shorter. To reduce telomere shortening and live longer and better, consider the following: keep bodyfat down, perform regular aerobic exercise, eat less sugar, hit the weights, sleep and rest, learn to accept stress and manage it, and perhaps most importantly, ‘let go’ of what you can’t change, whatever it is that you can’t control. Let it go. Positive Habits of Health all decrease the rate of telomere loss.

Click YouTube link > [Aging](#)

Click Website link > [Telomere Testing](#)

CHI Education Bursary

Click Website link > [Contest Info](#)

Sport doesn't build character, it only reveals it.

The Cory Holly Institute (CHI) is pleased to award a \$1500.00 education scholarship to one male and one female athlete, each competing in the [West Coast Natural Championships](#) event on July 10th, 2010, in Vancouver BC, on behalf of P3 Entertainment & Neutron Sports Organization.

The CHI Education Bursary will be awarded by majority vote to one male and one female competitor by their co-competitors.

The bursaries will be awarded to the two individuals who best demonstrate and exemplify the following character traits during competition:

- Good Sportsmanship
- Fair Player
- High Integrity
- Ethical Behaviour



CHI Education Bursary Information

Bursary recipients will receive full scholarship enrollment in the Certified Sports Nutrition Advisor (CSNA) online education program. The award includes CHI Membership, online access to audio and video education files and 10 learning modules in PDF digital format.



Audio Excerpt SNU V3N3 (part 3)

Click Audio link > [Rob Holly](#)
then click [Download Preview](#)



Click YouTube link > [Chi SN Principle No.4 – Optimum Health](#)

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

Click Article link > [Life is in the Blood](#)

CSNA Graduate Quote

“Proper nutrition is an essential key in achieving optimal health and wellness.”

~ Fraser Coppin CSNA – Richmond, BC Canada



As always...stay well and live free!

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

Waimea Bay Oahu HI

Click YouTube link > [Music of Hawaii](#)

Click Audio link > [He-Said She-Said Feb 2010](#)