

April 3, 2017

Dear Healthcare Colleagues,

For the past two years, we have been participating as members in the fitness program at Hilo Health Cooperative. The program has been very beneficial to our health and well-being. We would like to invite you to join us!

We believe in the scientific conclusion that intense, structured exercise changes cells throughout our bodies at the genetic level so we can live strong and fit well into our 80's. Each of us started in the program at the basic "boot camp" level. Sadly, when we started, we had trouble doing box jumps, sit ups, push-ups and most of the other exercises. None of us could do a single pull-up. We supported each other for the past two years and each of us now attend the "Peak Performance" sessions. It wasn't easy but with everyone's support, we made it. The emotional chemistry is awesome. You compete with yourself and not with the other members. We recently ran in the Kona Brewfest's "Run for Hops" 10k race. None of us would have ever done this without the support and camaraderie of the group. We don't even run that far during class. As a group, we wanted and were able to challenge ourselves.

Please consider improving your life and joining us. Enclosed is a coupon for a complimentary fitness assessment. Feel free to contact any of us for more information. We look forward to seeing you there.


Sincerely,



Dr. David Camacho, Hawaii Radiologic Associates



Dr. Tim Jahrus, Gastroenterology Associates



Dr. Kevin Kurohara, Family Practice & East Hawaii IPA President

Enc: HHC Fitness Assessment Coupon