

Living a Longer & Healthy Life: Start to Finish

Thursday April 11, 2019, 7:00pm
Fine Arts Theater, Mt. Lebanon HS

Frank Cremonese, Mt. Lebanon High School Health and Physical Education Teacher and Strength and Conditioning Coach, will discuss how each of us live a longer, pain free life.



This talk, sponsored by Mt. Lebanon School District in collaboration with the Mt. Lebanon Public Library, focuses on areas of health, fitness and lifestyle with the goal of helping audience members improve their chances to maintain optimal health through their entire life.

Human beings are actually designed to move pain free for 110 years, however that span has decreased drastically due to various changes in lifestyle, fitness, and health.

Although advances in genetic engineering may lead to improved quality of life, each of us can take more control and alter and improve our health, fitness, and lifestyle decisions that lead to not only a longer, but equally important, a healthier and more enjoyable life.



The same fundamental principles apply for human movement from birth to death, and in most cases, it *is* possible for an individual to reach their movement potential throughout their entire life. When movement is compromised, an individual often eventually develops pain. This rarely happens overnight, and more often develops slowly over years. Proper health, training and nutrition enable us to avoid the deterioration of our bodies, and increase the chance to reach our genetic potential.

This presentation is relevant to all ages and people from across the spectrum of health and physical activity. It will discuss how we utilize the principles of human movement as students, athletes and community members in order to achieve a longer and healthier life.

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