

AGE
63

BLOOD PRESSURE
110/58

BODY MASS INDEX
22

RESTING HEART RATE
65

GLUCOSE A1c
6

Strength in Numbers

Gene Miceli, Streetsboro
Member

“I hadn’t been to a gym in 40 years. Now I’m built like I was 40 years ago.”

Ever wish you could turn back the clock and reclaim your physical best? That’s exactly what happened when Gene Miceli joined Summa Wellness Institute.

A former gymnast, Gene was struggling with diminished stamina; more importantly, he needed to reduce some critical health numbers including highly elevated blood sugar.

Our medically based fitness program and nationally certified trainers enabled Gene to exceed his goals. Gene found his winning combination. Let us help you find yours.

Call **(888) 284-2324** or visit
summawellness.org/strengthinnumbers
to schedule a tour and receive **3 free days**
to experience wellness our way.


SUMMA
Wellness Institute

5625 Hudson Drive · Hudson