



# Strength in Numbers

AGE  
63

BLOOD PRESSURE  
110/58

BODY MASS INDEX  
22

RESTING  
HEART RATE  
65

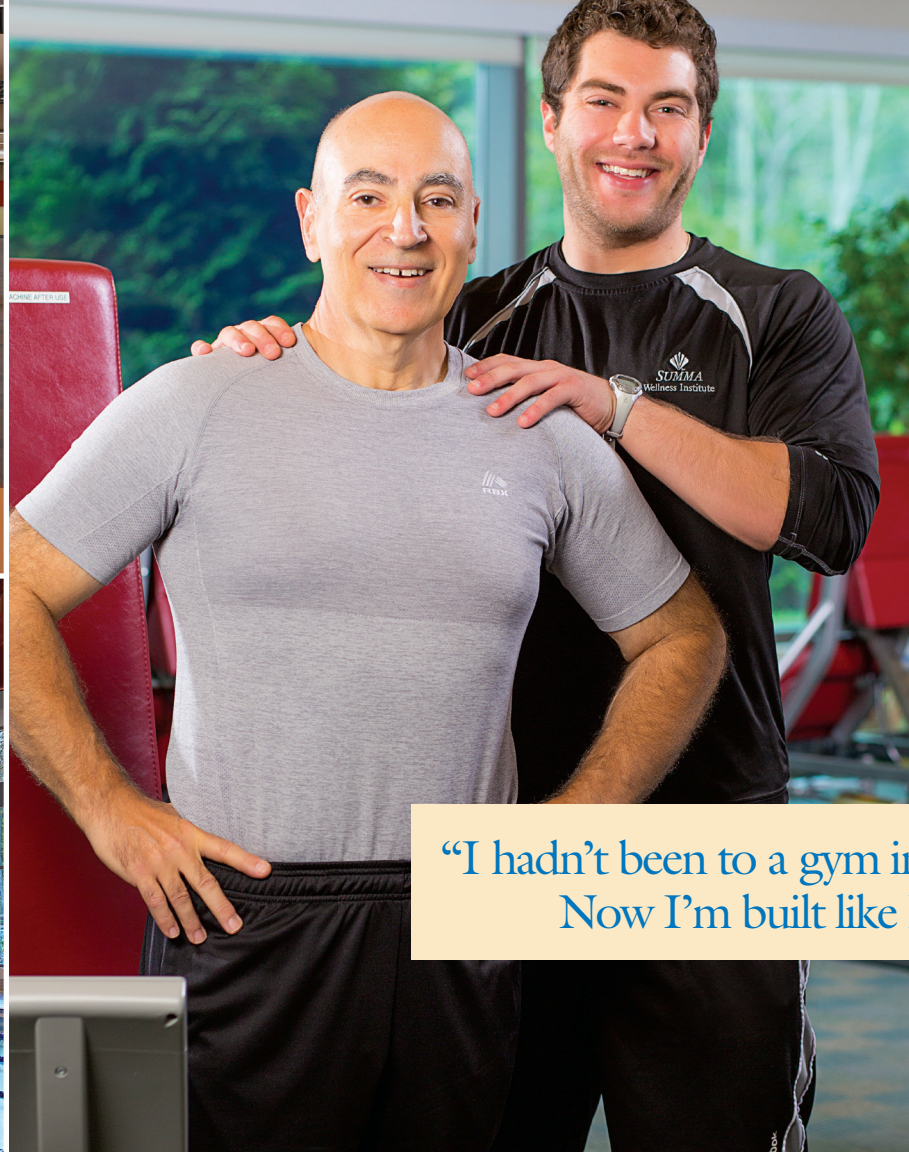
GLUCOSE A1C  
6

Gene Miceli, Hudson  
Member



**SUMMA**  
Wellness Institute





**“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. Gene’s home exercise program worked for a while, but eventually he realized that a formal regimen under the guidance of trained professionals was needed.

Gene looked at only two facilities before choosing Summa Wellness Institute. He says the decision was easy: “It was clean, friendly, and all about wellness.”

Gene responded immediately to his personalized program, noting that the staff focused on his health first and his strength and conditioning second.

“The staff is educated and degreed in exercise-related fields,” Gene says. “They kept me motivated, and helped me mix my workouts with proper nutrition.”

Today, Gene works out four to five days a week, continually challenging himself to set the wellness bar higher. His physicians are impressed by his health and strength improvements. And those elevated blood sugar levels? Back to normal.

Whatever your goal—weight loss, strength training, rehabilitation or general conditioning—we can help.

**Gene found his winning combination.  
Let us help you find yours.**

Call **(888) 378-8570** or visit [summawellness.org/numbers](http://summawellness.org/numbers) to schedule a tour and receive **3 free days** to experience wellness our way.







5625 Hudson Drive, Hudson Ohio 44236 | [summawellness.org](http://summawellness.org)

Nonprofit Organization  
**U.S. Postage PAID**  
Akron, Ohio  
Permit No. 83

### 3 FREE DAYS

Experience wellness *our way*,  
and learn why our member  
satisfaction exceeds 99%.