

Sports Coach Speaks About Nutrition and GNLD

April 2007

Hi,

It was great to hear from you. Thanks for asking about my thoughts on GNLD. The thing that attracts me to GNLD, compared to other nutritional supplement companies, is the time and effort the company's scientists take to research the products and how the products compliment a healthy diet.

Nothing can replace good quality food. However, in saying that, we cannot really afford nor have the time to eat a perfect meal. So the bottom line is that we must find supplements that fill our nutritional gaps.

When Lee first introduced me to GNLD I was thinking, "Not another supplement company I have to deal with." However, the closer I looked at the research behind the products the more it matched up to the nutritional plan I studied in college and through the nutrition certification program I finished in January of this year.

I made the decision to try the GNLD products. I have been on the Pro Vitality Pak for about two months. I have carefully watched my diet and have exercised regularly and have lost around twenty pounds of excess body weight. I truly believe that GNLD can help anyone meet their nutritional goals. There are no secrets or gimmicks or trends as you see with other companies. The bottom line is that you are going to get a quality product with GNLD. It is easy to be confident in a product when you have the data to back it up.

God Bless,

David Abernethy
Senior Assistant Strength and Conditioning Coach
Clemson University
Clemson, SC

David Abernethy, MS (SCCC, NASE) Senior Assistant Strength & Conditioning Coach

David Abernethy is in his second year serving as a fulltime assistant with Clemson University. He served under Coach Batson for two years as a graduate assistant from 1999-2001. Abernethy coordinates all strength and conditioning activities for Olympic sports and serves as an assistant with football. Prior to Clemson, he served as the Director of Strength and Conditioning for Western Kentucky University from 2003-2005. He was in charge of all 20 varsity teams and worked directly with football and men's basketball.

Abernethy went to Western Kentucky after serving as an assistant strength and conditioning coach at the University of Mississippi under Ruben Mendoza from 2001-2003, who now is the Director at Notre Dame. He primarily worked with football, women's soccer and softball.

Abernethy played football at Western Carolina University where he was a starting guard in 1997 and 1998. This followed after transferring from Methodist College, where he was the starting left tackle on the offensive line in 1994 and 1995 and won the team's rookie of the year award. He graduated from Western Carolina in 1999 with a Bachelor of Science degree in criminal justice. Abernethy just recently received his Masters degree from Western Kentucky University in Exercise Science. He also completed graduate work in Education from Clemson in 1999-2001. He is a member of the Collegiate Strength and Conditioning Coaches Association, the National Strength and Conditioning association and the National Association of Speed and Explosion. David and his wife Kelli have one daughter.

For additional information on how the GNLD products might help you please contact:
Lee and Susan Adams
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(803) 781-4690 or (803) 422-7678 or visit our website at: www.GroHealthy.com