

Think *it's too late to start* STRETCHING?

THINK AGAIN!

# STRETCH IN TIME®

*to save your spine  
(and everything attached to it)*

## A GREAT SOLUTION

for less active, older adults that guides  
you through 5 simple exercises to  
stretch your major joints and muscles.

## A GREAT GIFT

for that less active family member who  
needs to get up off the sofa and move!



Full Feature DVD | Available now at [www.stretchintime.com](http://www.stretchintime.com) 