

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 