

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

THINK AGAIN!

# STRETCH IN TIME<sup>®</sup>

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

## THE GREAT SOLUTION

for those less active that teaches  
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)

