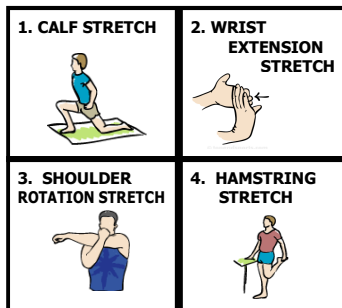
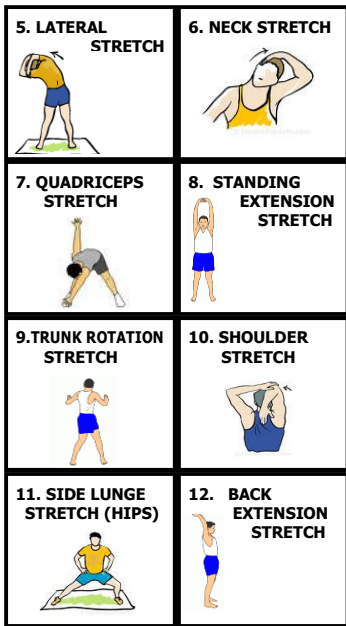


## FEEL BETTER ~ FOR YOUR FAMILY ~

- Before each stretch, stand relaxed, feet shoulder's width apart, knees slightly bent, keep back straight by contracting your abdomen.
- Do the stretches at your own individual rate and ability.
- Stretch to the point of comfortable tension. Do not strain when you stretch.
- Hold each stretch while you count to 10 slowly.
- Do not bounce when stretching.
- Breathe in a relaxed manner.
- Make stretching a part of your daily routine.
- If you have any questions about your ability to perform any stretch, consult your physician.



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