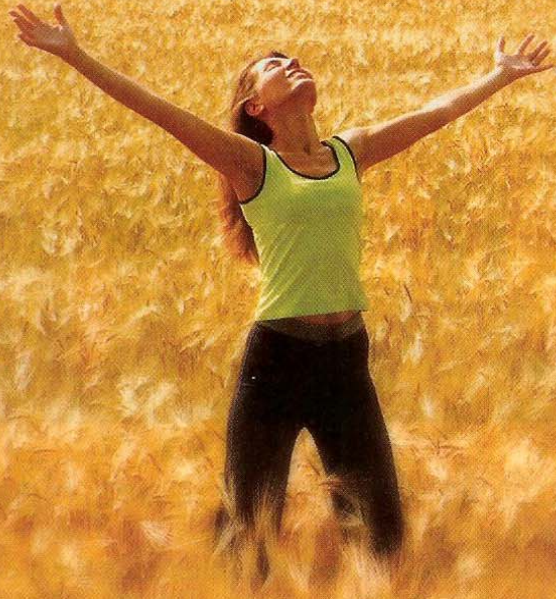


Stretching for Joint Health



“Bend and stretch; reach for the stars—there goes Jupiter; there goes Mars.” Remember that simple elementary school exercise that made you feel like you could touch the sky?

by Debbie Moody

STAYING ACTIVE IS EASY when you're younger, but as life goes on and responsibilities pile up, it becomes increasingly harder to fit it into a busy lifestyle. Many find it hard to set aside enough time for an isolated exercise regimen. However, with a little creativity, you can find ways to incorporate exercise into your daily routine. Following are just a few suggestions:

Park and Walk

- Drive your car to the furthest corner of the parking lot when you go shopping and take a few more steps
- Walk around the mall
- Check your local community center to see if they offer low-impact exercise programs like water aerobics

Health Begins at Home

- Adopt a system of regular physical work around your house and yard: vacuuming, sweeping, washing walls and woodwork, and gardening

Double the Fun

- Participate in recreational activities with your kids or grandkids, such as swimming, biking, or playing ball. You'll get your exercise and have fun doing it!

Extra Effort Pays Off

- Take the stairs instead of the elevator
- Use a manual lawnmower instead of an electric or gasoline-powered machine (Hint: make sure you keep the blades sharp!)

Among many other benefits, regular exercise helps support healthy blood flow. This assists proper function of the cardiovascular system. You'll feel more like engaging in these activities if your hinges are healthy, and eating a balanced diet rich in nutrients and nourishing your joints with targeted supplementation will help you reach your goals.

For comprehensive joint support, try Gero Vita™'s Arthro-7®. In a 12-week, double-blind, placebo-controlled study conducted in collaboration with UCLA researchers, Arthro-7®'s proprietary blend, AR7 Joint Complex™, was clinically tested to support joint health.

Don't wait any longer to start a regular exercise program. Put some creativity into your routine with basic lifestyle changes, incorporate more fruit and vegetables into your diet, and top it off with a joint comfort supplement like Arthro-7®! *