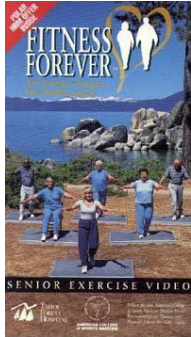


# Wall Street Journal Article Recommends Fitness Forever

An excerpt from the Wall Street Journal, dated May 12, 2007:

“Spring weather and temperatures offer some of the best opportunities to start an exercise program.



If you wish to get in shape, or better shape, consider the following resources that focus on fitness, recommended by Colin Milner, chief executive of the International Council on Active Aging (online at [icaa.cc](http://icaa.cc)), an educational group based in Vancouver, British Columbia.

## **LifeSpan Fitness Forever DVD, by Janet Brady**

A medically based exercise program designed to meet the varied needs of older adults. This award-winning DVD delivers a program aimed at helping you improve your health and fitness.”

## **About Fitness Forever**

Fitness Forever is a nationally recognized, medically based exercise program designed specifically for seniors and individuals focused on active aging. If followed regularly, participants will see improved heart rate and blood pressure, increased mobility, reduced joint pain, and overall improvement in functional fitness and health.

This video is specifically designed to meet the varied needs of seniors, to help improve overall health and raise the user's level of fitness, thereby reducing the risk of injury and illness. Although developed for seniors, Fitness Forever is appropriate for anyone, any age, with a physical condition such as arthritis, diabetes, heart disease, or high blood pressure.

Fitness Forever is a winner of the prestigious Molly Mettler Award for Excellence in Health Promotion and it is the only workout video approved by the American College of Sports Medicine (ACSM).