

CHANGE ALL THIS IN 3 SESSIONS OR LESS:



PAIN

Often greatly reduced or eliminated

STRESS

Immediately and significantly reduced

SLEEP

Finally wake up rested and refreshed

MOBILITY

Greatly improved after just one session!

APPEARANCE

Better posture, look & feel healthier and more confident

WEIGHT

Better mobility, more effective training, and stay motivated

SEX

Increase your enjoyment!



Since 1995 FST is internationally recognized as the premium brand of unique assisted stretching backed by original research, thousands of testimonials from individuals, all major league sports teams and Olympic athletes.



SCHEDULE A SESSION TODAY



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TRANSFORMING PERFORMANCE.
IN SPORTS. IN LIFE.



How **FST™** can Change
your Life **NOW!**

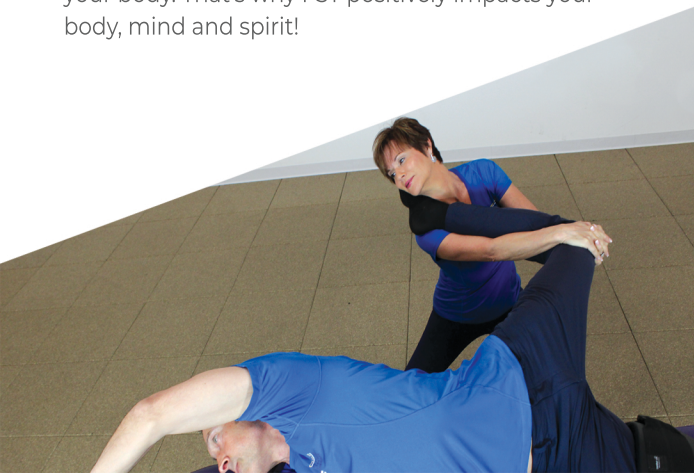


WHAT MAKES FST™ DIFFERENT?

- Pain-free: stretching should **NEVER** hurt!
- Personal evaluation - **ESSENTIAL** to reach goals **FAST**.
- Customized **NOT** standardized for **YOUR** needs.
- Hundreds of stretches to personalize your experience.
- Session cost is not based on price but on **VALUE**.

WHAT IS FASCIA (FASH-A)?

Fascia is the connective tissue system of the body that penetrates through and wraps around muscles, nerves, organs, and just about everything else in your body. That's why FST positively impacts your body, mind and spirit!



WHAT IS FST GOOD FOR?

- Improved quality of life.
- Reducing pain from lack of mobility & flexibility.
- Faster recovery from fitness & athletic activities.

TECHNIQUES THAT MAKE FST DIFFERENT:

- **Traction** – produces faster & greater gains in flexibility and mobility.
- **Flow** – the FST Method moves your body like nothing else.
- **NeuroMyoFascia Technique** – the most comprehensive way to achieve optimal function of your neural, muscular & fascia systems.

CERTIFIED FST PRACTITIONER – THE OPTIMAL ASSISTED STRETCHING PROFESSIONAL

- Trained at the Stretch to Win Institute - the **GOLD** standard for assisted stretch training in the industry.
- Over 100 hours of training required before certification.
- Ongoing continuing education required to maintain certification.

FST IS BASED ON SCIENTIFIC RESEARCH

- Research of FST first completed in 1997 with founder Ann Frederick at Arizona State University.
- In 2017, research at the University of Arizona Medical School on the effects of FST on chronic non-specific low back pain showed significantly improved outcomes.
- FST supported by extensive evidence-based studies found at www.FasciaResearchSociety.org.

**BOOK AN APPOINTMENT
AND START FEELING
AMAZING TODAY!**