

**Change all this in
3 sessions or less:**

Pain

Often greatly reduced or
eliminated



Stress

Immediately &
significantly reduced

Sleep

Finally wake rested &
refreshed

Appearance

Better posture, look healthier
& more confident



Mobility

Greatly improved after just
one session!



Weight

Better mobility, more
effective training, stay
motivated

Sex

Increase your enjoyment!



Contact:

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No statement in this brochure has been evaluated by the Food and Drug Administration. Any service or product mentioned or described in this brochure is not intended to diagnose, treat, cure, or prevent any disease. We recommend that you do your own independent research before acting on any information.

How FST™



Can Change Your Life NOW!

What is Different About FST™?

FST is pain-free! It improves mobility of your nerves & flexibility of your muscles & fascia. Other methods focus on isolated muscle stretching which is often uncomfortable or even painful & results are only temporary.

What is Fascia (fas·ci·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.

Who Benefits?

People of all ages! Any patient cleared by their physician for stretching & active movement, fitness enthusiasts, athletes of all levels including professionals.



Is it Like Massage, Yoga or Pilates?

FST is completely different yet perfectly compatible with other methods of therapy & training.



Why Stretch Fascia vs. Muscle?

Fascia surrounds each muscle, connects them to each other & penetrates deep inside them. It also connects muscles to tendons, ligaments & bone to form a body wide, smart functional network. Fascia connects to all of your organs & systems too.

Focusing on stretching the muscle only is “old school”, boring, limited in benefit, often hurts and does not last!

Is it Based on Science?

The first research into the effects of FST commenced in 1997 with founder Ann Frederick's thesis, found at www.stretchtowin.com. Current research on

the effects of FST on chronic low back pain is being conducted with a team at the University of Arizona Medical School in Phoenix. FST is also based on the extensive science resources found at www.fasciaresearchsociety.org.

Are There Any Books About FST™?

Yes! The Fredericks are authors of the books *Fascial Stretch Therapy* & *Stretch to Win* found on Amazon.com

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

