

# VALHALLA

HEALTH & FITNESS CLUB

## OFFERING FREE 10-MINUTE FACILITATED STRETCHING

November 14th to November 28th

Proprioceptive Neuromuscular Facilitation (PNF)  
and  
Active Isolated Stretching (AIS)

Techniques focused to improve athletic performance or rehabilitation.

Utilizes active motion and measured bodywork to enhance motor skills and increase flexibility one muscle or muscle groups at a time.



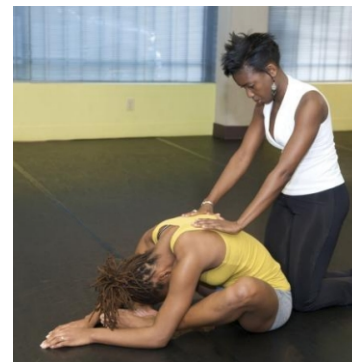
### Benefits of Facilitated Stretching:

- Help reduce muscle pain, prevent injury, and increase strength
- Increase and maintain range of motion of the joint
- Improve capacity for sports and other physical activity
- Prevent Joint and muscle strains and tears (or re-injury)
- Reduce tightness that can lead to pain, spasm or cramping
- Speed recovery during the process of rehabilitation

Techniques are applied by a Valhalla Personal Trainer or Massage Therapist.



For more information contact:



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