



## **FitWellYou Resistance Bands Try To Get People Into Shape For The 4th Of July**

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FitWellYou, a health and fitness company in New York, NY, have decided to extend their sale on their popular resistance band set of 3 exercise bands through the Amazon marketplace as well other sales channels. To help people get in shape for the 4th of July, and to stay in shape afterwards, the set is available at a 33% discount for a limited time. This means that it is now available for just \$19.97 instead of the usual \$29.99. The company hopes to encourage more people to kick off Independence Day with getting in shape.

"Independence Day is a great start to summer", says Mr. David Williamson from FitWellYou. "This means people want to be ready to feel good and look great in shorts, skirts and swimsuits. However, summer is also the time for big barbeques and calorie overloads! We thought we would give the health and shape of our nation a little helping hand by releasing our bands on a limited time only special offer."

The set is one of the most comprehensive that FitWellYou have released to date. It is a set of three bands with different resistances (light, medium and heavy), so it can suit all types of people, regardless of their personal fitness level. It also comes with a door anchor, allowing for more variety of exercises, as well as a bonus starter guide to give people more ideas about how to use the band for the best possible results.

"With our bands, you can literally kick your hips, butt and thighs into shape", adds Mr. Williamson. "The door stopper is a great extra that very few businesses who sell these bands include. The stopper can be used in a range of different ways so that people can enjoy far better exercises and quickly see results in their body shape and their strength."

Resistance bands are very popular tools for a variety of reasons. Firstly, they allow for many different types of exercises and are a staple part of many fitness and Pilates classes, for instance. However, one of their greatest benefits is their portability. These bands can literally be carried about in a bag or even coat pocket. As such, people can take them along when they go to the office or if they go on vacation.

The 4th of July is a perfect time for people to travel, often to see their friends and family who live slightly further away. Thanks to the FitWellYou therapy quality resistance bands, people are now able to enjoy their barbeques and drinks for Independence Day, as they know they are able to work off any excess calories they consumed regardless of where they are. However, the special offer is for a limited time only, so it is important to get a set soon.

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For more information about FitWellYou, contact the company here: FitWellYouMr. David Williamson 1-613-440-4000 info@fitwellyou.com New York, NY 10022 United States

## FitWellYou

*FitWellYou makes top quality resistance bands that are reliable and results-oriented. FitWellYou Resistance Bands are tried, refined and tested by real therapists, athletes and actual patients to ensure superior quality and durability.*

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