

# Stretch It Out Strap Now Available From Journey Good Health

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Journey Good Health, a business in Los Angeles, CA, is proud to announce that they now carry the new Geri Gates Stretch It Out Strap. Gery Gates is a personal friend of Jean Welles, owner of JourneyGoodHealth.com, as well as being an excellent personal trainer. The stretching strap sets itself apart from cheaper models by their sturdiness and durability. In fact, they can last for years.

Jean Welles herself says: "Geri Gates' Stretch-it-out Strap was designed and motivated through need and by pure inspiration. It was a creative thought process in which she combined strong materials that she knew would embrace and help the body get the best, deep, and guided stretch."

Geri herself has been using her stretching strap for over 13 years and it's still in mint condition. She saw the need for a better strap and worked on developing one that offers the best benefits and that is highly durable. Having now completed the production and manufacturing of the Stretch It Out Strap, she has made it available online. JourneyGoodHealth.com is the first company to sell the band on the Internet.

The straps have been designed to be completely unique. They are much stronger than any other stretching strap on the market. At the same time, they are more comfortable. This is unusual as most straps become uncomfortable if they are made from stronger materials. Due to these reasons, the Stretch It Out Strap is already recommended by medical professionals. "The fit strap is a must for anyone who wants to keep flexible and mobile," says Lisa V. Rubenstein, M.D., M.S.P.H., F.A.C.P., Professor of Medicine UCLA. "Over the life span, the hips, legs and shoulders often loose range of motion, leading to pack pain and other problems of the muscles and joints. Over time, if not prevented by regular stretching, walking becomes slower and more difficult, and muscle and tendon injuries become more common."

Full details about the strap and its benefits are available through <http://www.journeygoodhealth.com>. Those who wish to purchase it can also do so through there. The strap is multi-functional, very easy to store, machine washable and 100% made in the USA.

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For more information about JourneyGoodHealth.com, contact the company here: JourneyGoodHealth.com Jean Welles 866-341-4898 jean@journeygoodhealth.com Jean Welles Journey Good Health 11664 National Blvd. #275 Los Angeles, CA 90064

## **JourneyGoodHealth.com**

Website: <http://graciouspublishing.com/>

Email: [jean@journeygoodhealth.com](mailto:jean@journeygoodhealth.com)

Phone: 866-341-4898

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