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The Fitbar – Website:
www.thefitbar.com

Dear Team FatBird Runner,

The **Fit Bar™** <http://www.thefitbar.com/Brochure.html> introduces you to a gateway activity for health, fitness and youthful aging. The Fit Bar™ **foam rollers** are used for myofascial release, a technical term for self-massage.

Use of the Fit Bar™ will reduce nagging aches and pains, increase flexibility and circulation, speed recovery from injuries, and rejuvenate after travel. These improvements are accomplished through the release of trigger points (painful knots), which indicate muscle fiber and fascial adhesions in soft tissues of the body.

The Fit Bar™ works by slowly applying and maintaining pressure to trigger points so that myofascial adhesions are broken down, improving suppleness and circulation.

[DEMONSTRATIONS](#)

<http://www.thefitbar.com/Self-massage.html>

http://teamsales.teamfatbird.com/img/TheFitBar_Exercises.jpg

[ORDER YOURS TODAY](#)

ORDER The Fit Bar™ foam rollers HERE:

http://teamsales.teamfatbird.com/order/FITBAR_PROD_PRICELIST.pdf

Do drop us a note at teamsales@teamfatbird.com should you be interested to join in our next demo session of **The Fit Bar™** products.

Warm Regards,
Team/Group Sales

Team FatBird

<http://www.teamfatbird.com>



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