



box 214, milan mi 48160-0214 usa



FITNESS AND
EXERCISE VIDEO
FOR HOME BASED
FITNESS.

MEDICAL CLEARANCE IS
REQUIRED BEFORE
BEGINNING THIS OR ANY
EXERCISE PROGRAM. THE
VIEWER ASSUMES ALL
RISKS INVOLVED AND
ASSERTS THAT THEY
UNDERSTAND THIS AND
ARE APPROVED FOR
EXERCISE BY THEIR
PHYSICIAN.

WWW.RMS-INC-USA.COM

FITNESS FOR SENIORS
FOR LIFE!

COPYRIGHT
2000
NTSC USA
VERSION

Fitness for Seniors DVD

Home based video shows exercises I've used to get good results for myself.

Twenty four minutes of demonstrating the exercises and explaining the major points.

\$35 shipped to you. Please send a money order to the above address. Or i can bill you via PayPal and email invoice if you send me an email ordering the DVD.