

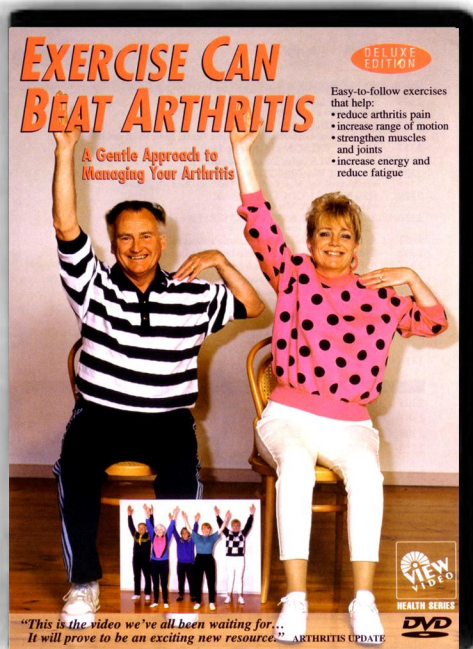


DVD New Release from VIEW

www.view.com

EXERCISE CAN BEAT ARTHRITIS

View DVD #2505 - List Price: \$19.98



Leading Physical Therapist Valerie Sayce, from the Arthritis Foundation of Victoria, developed these 10 easy-to-follow, gentle exercise routines, all set to inviting music and demonstrated by adults of all ages. Designed to reduce pain, increase range of motion, strengthen muscles and joints, increase energy and raise self-esteem. This timeless DVD is recommended for anyone, regardless of age, who requires a gentler exercise program.

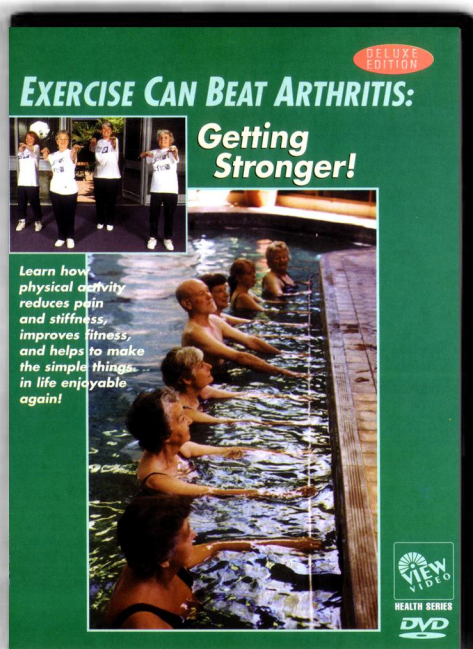
40 Minutes plus Multiple Bonus Features
VIEW DVD #2505 \$19.98
VIEW VHS #1505 \$19.98

ISBN 0-8030-2505-X



EXERCISE CAN BEAT ARTHRITIS: Getting Stronger!

View DVD #2506 - List Price: \$19.98



A companion to the highly popular and doctor-recommended *Exercise Can Beat Arthritis*, this effective, informative and user friendly DVD lays out a fun and healthy fitness program for people with arthritis. Exercising caution as well as limbs, EXERCISE CAN BEAT ARTHRITIS: Getting Stronger! is designed to help make the simple things in life enjoyable again.

49 Minutes plus Multiple Bonus Features
VIEW DVD #2506 \$19.98
VIEW VHS #1506 \$19.98

ISBN 0-8030-2506-8



THE BEST-SELLING ARTHRITIS EXERCISE VIDEOS ON THE MARKET!

THE ARTHRITIS MARKET:

Over 45,000,000 Americans have some form of arthritis.

Two thirds of people with arthritis are younger than 65.

One in 1,000 children under 16 develop arthritis.

DVD BONUS FEATURES

- ▶ Bonus Exercise Segment
- ▶ Extra Arthritis Information:
 - What is Arthritis ?
 - What Can I Do For My Arthritis?
 - Benefits of Exercise
 - How Can Professional Health Workers Help?
- ▶ Instant Access to Each Exercise
- ▶ Multi-Directional Interactive menus
- ▶ Dolby Digital Stereo
- ▶ Digitally Mastered Audio and Video

Quotes & Reviews

"A well-conceived and cheerfully produced exercise tape that will encourage even the most reluctant viewer to join in the fun."

-Yoga Magazine

★★★★

-Video Rating Guide For Libraries

"...sage, sound program for people of all ages with arthritis."

-Entertainment Weekly

"...very motivational—well-designed and fun."

-Library Journal

"People with arthritis can exercise."

-The Arthritis Foundation



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Telephone: (845) 246-9955 • Fax: (845) 246-9966 • Email: viewvid@aol.com • www.view.com