

STRETCH ZONE® OF VENICE

STRETCH. WORK. PLAY. REPEAT.

Stretch into Your Best Self

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It is always possible to begin living your best life. Here to reframe our expectations of flexibility, balance and movement as our bodies mature is Stretch Zone, Inc. of Venice. Harnessing the many astounding advantages of stretching, this rejuvenating profession is improving the daily functioning and quality of life for individuals everywhere.

Owner Greg Hendrix and General Manager Tamy Aranow are changing the way many are moving out and about by utilizing the lasting benefits of stretching and principles developed by founder and kinesiology major, Jordan Gold. As a former professional golfer, Greg informs us that his inspiration to open the business was derived from his experience with backpain that inhibited him from enjoying his niece's graduation day. He tells us, "After that, I decided I was going to do something about it. I met with a chiropractor who recommended stretching and I was just amazed at the results."

Tending to a number of personal ailments such as hip and knee replacements, arthritis, sciatica and fibromyalgia, this growing company strives to ensure individuals defy their perceived limits. To get started, Tamy explains, "During the free initial consultation, you would meet with me and we would complete simple assessments of the hip and hamstrings, and then evaluate for overall range of motion. After a number of assisted stretches, we create an individualized program together catered to meeting your needs and achieving success."

EAT PLENTY OF FRUITS AND VEGETABLES. DRINK LOTS OF WATER. TAKE MULTI-VITAMINS. TRY SOME FISH OIL. EXERCISE REGULARLY. MANAGE YOUR STRESS. PROTECT YOURSELF FROM SUN. GET AT LEAST 8 HOURS OF SLEEP. TRY A MASSAGE. TAKE A VACATION. SOUNDS LIKE SOUND ADVICE FROM SOUND PEOPLE. OF COURSE, OUR ADVICE IS SIMPLE BECAUSE WE DO IT FOR YOU. STRETCH. THEN HEAD TO WORK, PLAY AT YOUR LEISURE. EAT WELL, HYDRATE AND EMBRACE LIFE. THEN STRETCH AGAIN.



Accredited by the National Board for Therapeutic Massage & Bodywork, Stretch Zone recruits knowledgeable professionals who obtain certification in the Stretch Zone method; a scale designed to measure a person's baseline and maximize results without compromising comfort and safety.

Every day, trainers meet with eager clients and lead them through a series of gentle and comfortable poses during 30-minute sessions. Intended to isolate the target muscles and retrain our system's reflexes, stretches are conducted with constant communication taking place between client and trainer, so care is always in mind. "We will do the work for you," notes Tamy, "because we want you to be able to live your life in a way that feels good. Over time, our sessions will improve your range of motion which means creating greater flexibility and decreasing overall pain."

The staff at Stretch Zone understands how symptoms of Parkinson's disease, cerebral palsy, degenerative disc and many other medical diagnoses have the potential to disrupt one's daily mobility. Yet, with guidance from this enriching

establishment, the benefits of stretching can produce long-lasting results against these and many other health concerns after just 12 sessions. "Our team is dedicated," Tamy adds, "and takes into account personal components such as current health, activity level, lifestyle and visits per week in order to help you reach your goals."

At the conclusion of their sessions, Tamy says, "People are ecstatic. They love their results! We help them change their lives and do a world of good."

Jump back into action and schedule your free consultation with a team who is ready to help you stretch into your best self.

For more information about this advertorial, call Tamy Aranow at 941.483.3900. Located at 2466 Laurel Road East in Venice, Stretch Zone is open 9 a.m.–6 p.m. Monday–Friday and 10 a.m.–4 p.m. Saturday–Sunday. Appointments also available upon request.



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