

# Teeter Helps with More Than Just Back Pain!

## PRODUCT TRAINING

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Your customers maintain their fitness by purchasing cardio equipment and weight-training gear, but what is providing for the health of their joints?



U.S. Army Physical Fitness School  
Fort Benning, GA

Nearly every item in a fitness store places stress on the joints. Strength training adds compressive loads, and cardio can create shock to the joints. What is the most common ailment that stops people from being active? Joint problems. Using a Teeter mitigates this stress and helps to keep joints healthy.

### Using a Teeter completes any fitness program!

- A healthy body means more than cardio health and strength, it requires **FLEXIBILITY** – 3-5 minutes on a Teeter helps increase joint mobility.
- Regular loading of ligaments with inversion increases collagen content for **BETTER JOINT SUPPORT**, helping to reduce the likelihood of injury.
- Using a Teeter decompresses the joints, restoring moisture and nutrient content to help maintain **PAIN-FREE, HEALTHY JOINTS**.

So remember when selling a treadmill, weight bench or other fitness item to suggest a Teeter inversion product to help your customers achieve **FUNCTIONAL FITNESS**.

## SALES TIP

When appropriate, quote from a testimonial that provides an expert's opinion based on fact.

*"[Teeter inversion products] provide an ideal way to mitigate the stress of jumping, running and other strenuous tasks we require our soldiers to regularly perform."*

*William R. Rieger, Lieutenant Colonel, U.S. Army  
Commandant after a 6-year evaluation at the U.S. Army Physical Fitness School*