

-----fold over-----

"I learned something from all those sets and reps when I didn't think I could lift another ounce of weight.

What I learned is that we are always stronger than we know."

Arnold Schwarzenegar



"We've got to let people know it is a necessity, it's not even an option, it's a necessity to have a chiropractor."



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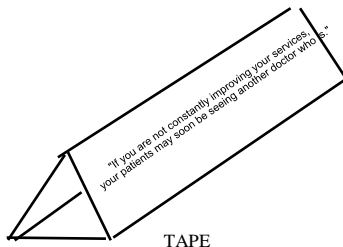
Petty, Michel & Associates

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This is a tent poster. Fold over each side sharply, and tape the sides together. Place it on your desk and use it to help you stay motivated during the month. Replace it each month when you get a new one.

Arnold and Chiropractic: "We've got to let people know it is a necessity, it's not even an option, it's a necessity to have a chiropractor. As much as one has a dentist, a family should have a chiropractor. Every seminar I do about exercise, weight resistance training and nutrition, I talk about the importance of chiropractic." Youtube "Arnold Schwarzenegger Promotes Chiropractic"



TAPE



I just swapped our bed for a trampoline.
My wife hit the roof.