

# **Special Offer**

**Buy 2 Vitalyz  
SPA Workout  
DVD's and get  
the 3rd  
absolutely  
FREE!**

## **Volume 1 -The Original Stress Ball Workout**

*A selection of gentle hand and finger activities to promote independence, all performed with a stress ball.*

## **Volume 2 -The Massage Ball Workout**

*A selection of hand and feet activities, using the massage ball. Perfect for promoting stimulation and circulation in the hands and feet.*

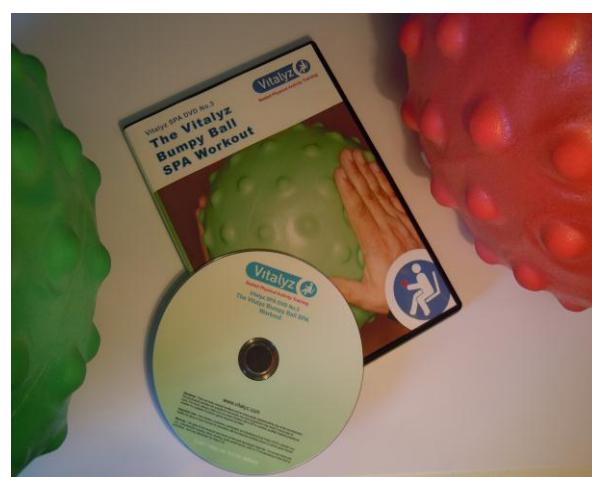
## **Volume 3 - The Bumpy Ball Workout**

*Activities about gentle tactile movements with the added dimension of resistance using a bumpy ball.*



## **Special Offer**

**Order all three  
DVD's for only  
£40.00 +pp**



**[www.vitalyz.com](http://www.vitalyz.com)**

# ***New Vitalyz DVD's***

**Vitalyz are pleased to offer you the new collection of SPA DVD's.**

**SPA= Seated Physical Activity**

**Each of these DVD's are designed and presented to be suitable for seated workouts using a selection of different types of balls.**

**Each DVD can be purchased on its own, or with two of the named balls as demonstrated in the DVD.**

## ***Volume 1 –The Original Stress Ball Workout***

*A selection of gentle hand and finger activities to promote independence, all performed with a stress ball.*

*Only £20.00 for the Stress Ball DVD - (see special offer)*

*OR*

*ONLY £26.00 DVD with two Vitalyz Stress Balls*

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## ***Volume 2 –The Massage Ball Workout***

*A selection of hand and feet activities using the massage ball.  
Perfect for promoting stimulation and circulation.*

*ONLY £20.00 for the Massage Ball DVD - (see special offer)*

*Or*

*ONLY £28.00 DVD with two Therapeutic Massage Balls*

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## ***Volume 3 – The Bumpy Ball Workout***

*Activities about gentle tactile movements, with the added dimension of resistance using a bumpy ball.*

*Only £20.00 for the Bumpy Ball DVD - (see special offer)*

*ONLY £32.00 DVD with two Bump Balls.*

**Online shop** visit [www.vitalyz.com](http://www.vitalyz.com)

For more information **e-mail** [info@vitalyz.co.uk](mailto:info@vitalyz.co.uk) **Tel:** 02392 358 2856