

EMAIL FROM A WOMAN WHO RECEIVED JOLIE WEIGHTS AS A GIFT

JULY 3, 2003

Dear Jolie Weights:

I have been troubled with fibromyalgia for many years. I had managed to stay active by carefully regulating my exercise program to keep my muscles conditioned. Over the past four years my condition has worsened with an auto immune disease that affects my lungs and also by steroidal myopathy resulting in extraordinary pain and weakness in my joints and muscles. My once active life has become very sedentary because I was unable to do even minimal walking without great weakness and pain. With the help of some pain medications, I have begun to slowly and carefully recondition my body. I have begun to walk and exercise in the pool. My badly reconditioned body does not allow for any weight training. It is just too tiring and my legs are too weak.

My brother gave me a set of Jolie Weights. These are a set of two one-pound weights that attach to sneaker laces. I was interested in trying these since the concept is different. First, the weights attach to the sneakers, not on body parts. That's important because there isn't a strain on a particular joint or muscle. Secondly, these are only one-pound and just the right amount if one must strictly regulate exercise. I am, after all, not training for the Olympics. I just want to strengthen my muscles.

Still I was skeptical as I put my Jolie Weights on the first day. I would try them while I was doing my housework. They seemed fine, so I decided to take them on my 2 mile walk. I reasoned that if they got too much, I could take them off easily. But I didn't need to. They worked just fine. The final test would be how my muscles felt the next day. It was a pleasant surprise. I had no problems.

Jolie Weights were made for people like me, people with medical problems that affect muscles and joints. They are light enough to strengthen but not strain muscles and joints. They were made for the non Olympic athlete needing a little extra help to stay fit.

Thank you for making Jolie Weights!

Nancy Broughel
120 Upland Road
New Milford, CT 06776