

SCARY SIT AND REACH TESTING

YOU CAN REACH, BUT YOU CAN'T HIDE

Stretching regularly allows for greater movement of your joints and muscles, which helps reduce injury, improves range of motion and balance, and benefits posture.

DARING DETAILS

- ✓ Testing all October long!
- ✓ Walk-up, no appointment necessary
- ✓ Charts to compare your score
- ✓ Test is repeated every 6 months



VISIT [FITPRC.COM](https://fitprc.com) FOR MORE INFO

Located above the Gateway Cafe
at 7677 Gateway Blvd., Newark CA