

# Finally, a feel good story.

By Cecile Charbonneau

I'm a former Windsor teacher who's been battling with chronic arthritis for years.

Though not one to complain, I've experienced joint pain so intense at times -- especially in my knees -- that I often couldn't walk or stand without feeling terrible discomfort.

For a while there, doing virtually any activity exhausted me...yet, I couldn't sleep either!

It was this vicious circle of constant pain and tiredness that prevented me from fully enjoying and participating in life. I knew I needed help.

I tried pharmaceuticals. I tried natural alternatives. I even tried acupuncture. Nothing really worked. Then one day, I read in the Windsor Star about a new type of exercise called the WAVE. It said it was a stress-free workout for people who lacked mobility, like me. They offered a 3 day free trial, so I thought, I have nothing to lose.

Today, I'm proud to say that I am feeling so much better! I have more flexibility and almost no pain! It is easier for me to move, to stand and to walk! I even sleep like a baby now! In 3 months,



**Cecile  
Charbonneau**

I've also lost 18 pounds! People always say "There's something different about you Cecile." "Did you change your makeup?" No, it's the WAVE, I tell them. It just makes you feel younger, stronger, better!

That's why I'm writing this today: to share my story so that people can know they don't have to suffer. I'm not getting paid a dime for this. It's 100% from the heart; from one Windsorite to another. Don't let your arthritis or weight problems slow you down. There is help out there! And you don't have to push your body to its limits to see the results! I was skeptical, just like you. But joining WAVE Exercise & Nutrition was the best decision I ever made -- for me and my body. God bless, Cecile.

*Write your own feel good story...  
Call or Visit  
WAVE Exercise & Nutrition today!*

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*Let nothing stop you.*