

Testimonials:

Last Updated Wednesday, 10 March 2010

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var gaJsHost = (("https:" == document.location.protocol) ? "https://ssl." : "http://www.");
document.write(unescape("%3Cscript src="" mce_src="" + gaJsHost + "google-analytics.com/ga.js"
type='text/javascript'%3E%3C/script%3E"));
```

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try {
var pageTracker = _gat._getTracker("UA-7494641-2");
pageTracker._trackPageview();
} catch(err) {}
```

Debbie Zelez - Marathoner

" The Marathon Stick has helped me knock valuable minutes off my training runs. I RECOVER FASTER and feel motivated to train harder."

Kelsey Bartel - Athlete

" I am an extremely athletic person who developed severe shin splints at an early point in my life. I was unable to walk properly and participate in my sporting events due to the tremendous amount of pain. With The Stick, I was able to massage my tissue and smaller, hidden muscles behind the bone, without harming or bruising the bone itself. I was able to gently work my pain away with time and gradual pressure. Do to The Stick's convenient size, I was able to use it whenever and wherever I felt it was needed. It has helped ease my pain, and I HAVE BEEN ABLE TO STOP SEEKING PROFESSIONAL MEDICAL HELP AND TREATMENT."

Omari Lewis - Varsity Boys Basketball Coach

"My 11 year old son was experiencing severe pain in his legs during basketball practices and games, to the point where he was limping noticeably. Once he started using the stick the pain decreased significantly. This was evidenced by the disappearance of his limp, his own description of the pain symptoms and by the fact that he would bring it to every game and practice without any prompting from us as parents. The stick has been a excellent addition to his warm-up and cool down activities."

Josie Ooms - Runner with Team in Training

"I just wanted to say Thank you for this awesome tool… It has helped me tremendously."

Darren Ostrander - Marathoner Oct, 2008

Ken,

I took my stick with me to the Kelowna Marathon. (Airport security was very curious.) After the race I was having difficulty moving around as my legs were getting stiff and were starting to cramp up. A short session with the stick I was moving with ease and was good for the rest of the day. The stick defiantly sped up my recovery and is keeping me running.

Thanks

Dr. Mark J Peverett - Chiropractor/Tri-Athlete Nov, 2008

"Thanks for lending me the sticks. I have used them a lot as they are very convenient to bring on the road. I honestly believe they helped in muscle recovery and prepping me for the race this past weekend. I was ready for a recovery run 2 days following the big day."

Mike Frostad - Toronto Blue Jays Dec, 2008

As the Head Minor League Athletic Trainer for the Toronto Blue Jays, I have The Stick on hand for all of our players to use both pre and post workouts. Eight hour days on a baseball field during spring training takes its toll on the body and our players use The Stick to get loose before activity and to assist in recovery afterwards. I would recommend its use for the weekend warrior up to the elite athlete level.

(Note: Mike Frostad is a personal friend for many years.)

Dave Auten, Edmonton Jan, 2009

Received in good order, Ken. Well made and does the trick.

Deb - Marathon Runner Jan, 2009

Out running on our beautiful pathways this morning....felt a slight twinge in my arch (think it's from swimming yesterday, wearing fins). When I got home I used the little foot roller...HEAVEN. My feet were soooooo happy. It's great, I love it and will be promoting it.

Deanna - Horse Enthusiast and Hospital Worker Jan, 2009

Hi Ken,

I can't believe how well they work! Already the muscle knots in my legs aren't as painful and tight. The foot wheel is awesome after my 12 hr. shifts at the hospital. I was starting to get plantar fasciitis and they feel better already. I have only used the stiff stick once on my horse so far, and he seemed okay with it. I was spending \$40 a week on massage therapy and I hope these replace that!

Thanks again,

Deanna

The Pet Stick April,09

Our 12 year old Yellow Lab loves his massage when we use "The Pet Stick". He suffers from calcification of the spine so has lots of stiff muscles due to his decreased mobility.

We humans enjoy giving him his massage, the hands on interaction is great for us all.

Beve B

Cindy Marks & Matt Kibler

CLM Publishing Inc., publishers of Check-Up, the magazine for optimal wellness, for Calgary South & Foothills and Edmonton & Greater Area. April,09

"I have to say I found muscles I didn't even know were sore and tender. We both found relief and relaxation using the products. I woke up this morning thinking "Relief Is In YOUR Hands" or "Relief At Your Fingertips" as that is exactly what we felt. There was a lot of moaning when we were finding trigger points using the Stick to work out problem areas. After the relief it was astonishment at the relaxation we found."

Cathy Philipow - June 17, 09

"Thanks so much for the awesome service and the incredible products. I love them and will incorporate them into my workouts on a regular basis. That Trigger Wheel is amazing!"

Stephan - June 26, 09

"I have used it a couple times now and just love it. I believe this will be of great benefit for my training and upcoming races."

Pat Foran - August 13, 09

"I've received the Stick here on my end, and it works great! Thanks for being so helpful with the entire process."

Crystal Phillips - Speed Skater/Nutrition Consultant - August 18, 09

"Hi Ken, great to meet you on the weekend. I took a look at your website and am very impressed with the amount of information and references you have about your products. I really do believe in the benefits of the stick and it might be the only reason I will be able to jump back into my regular training program tomorrow with my speed skating group even after running a half marathon."

Susan Langdon - Soccer Coach and Runner

OKay, so I opened the stick before I wrapped it and tried it out last night. MOST AMAZING TOOL EVER!! Now I don't really want to wrap it up, and I really really don't want to share it! Thanks for a wonderful product!

"This could be you"! Please send me some feedback - ken@zealousvitality.ca

PROFESSIONAL SPORT

Statement approved by the US Olympic Committee

Sports Medicine Division - July 2004

"The Stick is used as a training tool by athletes at the US Olympic Training Centers in Colorado Springs CO, Lake Placid NY, Marquette MI and Chula Vista CA."

Phil Jackson, Head Coach - LA Lakers

"I would recommend The Stick to all athletes."

Bob Anderson, Author of Bestseller...Stretching

"The Stick is the only body tool I have ever recommended for use on the calf of an elite athlete."

Loren Seagrave, Sprint and Hurdle Events

IAAF Level II World Coaching - Education Program

"Our athletes use The Stick to get the most out of their training, prevent injury and optimize their performance. You should too."

Norm Miller, Strength coach - Olympic Bobsled Team

"This simple Stick concept will change the future of sports by allowing the athlete to train harder and more frequently."

Mike Frostad - Head Minor League Athletic Trainer - Toronto Blue Jays

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