

Healthy Living

Slow Down In Your Silver Years? Only When You Want To, Says Star

(NAPSA)—Shirley Jones, best known for her roles in movies such as the musical “Oklahoma!” and the television series “The Partridge Family,” refuses to let joint discomfort slow her down. In her 70s, the beautiful actress has danced in two Broadway musicals, “42nd Street” and “Carousel.”

She does what she can to stay in shape so she can enjoy life—whether it’s dancing in a musical or taking a quiet walk on the beach.

“I work at that now more than I ever thought I would,” said Jones. “And I don’t have much patience with elaborate workout programs, even elaborate pill or liquid and powder schedules.”

Jones describes herself as a “magic bullet” girl and she’s sure she has found the fastest way to reduce the joint discomfort that might keep a less motivated person from dancing on Broadway.

“It’s a supplement called Move Free Advanced,” she said. “And so far, it’s given me back what Father Time took away so I can enjoy my simple ‘dropout’ time and be fresh and ready when the red carpet calls again.”

Finding ways to relax and commune with nature is easy for Jones. “Show me the rushing fall, an empty beach, a blazing sunset, a ride through nowhere with someone you love, a quiet day free of phone calls and grass mowers and auto growls and all but the air and sky and the sweet music of absolute quietude and I’m happy.”

The daily supplement for joint health that helps keep her happy and ache-free is Move Free Advanced, which has been clinically tested. It combines two unique



You should be the one to set the pace for your life, says actress Shirley Jones. Your life should not be defined by your aches and pains.

ingredients—Uniflex and Joint Fluid—with glucosamine and chondroitin, to support joint care.

Joints start to feel better within seven days, which is faster than with products that only contain glucosamine and chondroitin and that can take up to six weeks to start working.

Nutritionists such as Dr. Luke Bucci, author of “Healing Arthritis the Natural Way,” recommend exercise, good nutrition and daily supplements as the best course of action for treating stiff or achy joints.

You can learn more by calling (866) 829-7509 or visiting www.KeepMovingWithMoveFree.com.