

Study conducted by the President of Smart Fit Heart, Mike Fussell, a Registered Respiratory Therapist (Rrt)



### **Learn How to Maximize Your POWERHANDZ POWERSUIT!**

1. Put on the Suit
2. Do your normal “active” daily routine.
3. Wear it until you feel “fatigue”.
4. Continue to wear it for 15 – 45 minutes past the feeling of “fatigue.
5. Take the Suit off.
6. Repeat every 2<sup>nd</sup> – 3<sup>rd</sup> day