

Dr. Glenn B. Gero

N.D. D.Sc., R.H. (AHG), M, E.S., C.L.C.

Registered Board-Certified Naturopathic Doctor

Functional Medicine Specialist

My name is Dr. Glenn Gero, ND, D.Sc., MES. I have been in clinical practice for over 25 years as a naturopathic doctor and medical exercise specialist, working primarily with patients struggling with chronic pain, mobility limitations, stress-related conditions, and age-related decline in strength and function. I am the founder of the Holistic Naturopathic Center in New Jersey and the author of two health books, *The Health Paradox: Why We Struggle to Stay Well and How to Beat the Odds* and *Stress and Anxiety Unlocked*.

I am writing this letter based on my direct experience using the Bendy Bar, both personally and in a clinical setting.

I don't endorse many fitness tools. Most equipment is either too rigid, too aggressive, or too complicated for the very people who need movement the most. What drew me to the Bendy Bar is that it doesn't force the body into predefined positions or fixed resistance patterns. Instead, it responds to the user. How much resistance you create is entirely dependent on what you give it in that moment. That alone makes it fundamentally different from traditional bars, bands, or machines.

In my own use, I've found the Bendy Bar to be an effective way to combine strength work, mobility, and active stretching in a single session. It allows me to load muscles while simultaneously respecting joints, something that becomes increasingly important with age. I can challenge myself when I want to, or back off without changing equipment or programming.

Clinically, this adaptability is invaluable. Many of my patients are deconditioned, stiff, or apprehensive about movement due to prior injury or pain. The Bendy Bar gives them immediate feedback without punishment. It encourages controlled effort rather than strain, which builds confidence and consistency. Over time, I've seen improvements in mobility, posture, functional strength, and overall movement quality.

Another aspect I appreciate is how intuitive it is. Patients don't need extensive instruction or supervision to use it safely. That ease of use translates into better compliance, people actually continue using it at home, which is where real change occurs.

From a broader health and longevity standpoint, consistent, joint-friendly movement is one of the strongest predictors of long-term function and independence. The Bendy Bar supports this by making movement accessible, scalable, and engaging. It meets people where they are and grows with them as their strength and confidence improve.

In my professional opinion, there is currently nothing else on the market that combines this level of versatility, simplicity, and responsiveness in a single tool. The Bendy Bar fills a meaningful gap between rehabilitation equipment and traditional fitness tools.

Based on my experience as a clinician and as a user, I believe the Bendy Bar is a valuable addition to both personal fitness routines and clinical movement programs, with clear benefits for strength, mobility, function, and long-term health.