

Dr. JT Anderson DC, BS, CCEP (Certified Chiropractic Extremity Practitioner)

The Bendy Bar

To Whom It May Concern,

My name is Dr. JT Anderson, D.C., and I am currently celebrating 31 years in chiropractic practice. Over the course of my career, I have had the privilege of serving as the former team chiropractor for the Denver Broncos, as well as working with the Colorado Crush and Denver Outlaws. I have also worked with athletes from the Professional Bowlers Association and numerous high-level competitors, including Olympians.

My professional focus has always centered on biomechanics, functional strength, injury prevention, and long-term joint health. Whether treating elite athletes or active adults, the goal remains the same: help the body move better, perform stronger, and stay resilient over time.

My wife and I live in The Villages, Florida, one of the most active 55-plus communities in the country, featuring over 55 golf courses and more than 350 pickleball courts—and growing. Daily, I see individuals who want to stay mobile, competitive, and independent well into their later decades of life. Movement is not optional in that environment—it is foundational.

As the author of four published books, including *Motion is Lotion – Live an Oily Life*, I consistently teach that flexibility, strength, and proper nutrition are the cornerstones of long-term health. The Bendy Bar mirrors and complements the principles outlined in that book. It reinforces the concept that consistent, intentional movement is essential for joint preservation, muscular balance, and vitality. It is from that perspective that I confidently endorse the Bendy Bar.

The Bendy Bar is a uniquely designed flexibility and strength tool that integrates resistance with movement in a way that reflects natural human biomechanics. Unlike rigid weights or purely passive stretching devices, the Bendy Bar works with your body. The more effort, control, and engagement you apply, the more it responds. It creates feedback—what you give it, it gives back.

From a health standpoint, the benefits are significant:

- Increased functional strength through controlled resistance
- Improved mobility across shoulders, spine, hips, and core
- Enhanced dynamic stretching rather than passive flexibility
- Greater neuromuscular coordination and joint stability
- Support for posture, balance, and injury prevention

One of its greatest strengths is that it develops strength through range of motion. Strength without mobility creates stiffness. Mobility without strength creates instability. The Bendy Bar trains both simultaneously, which is essential for overall health and longevity.

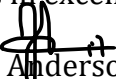
It is also incredibly versatile. It can be used for rotational training, shoulder integrity work, spinal engagement, core strengthening, and lower extremity mobility. It adapts to beginners, active adults, and competitive athletes alike. Its simplicity is part of its value—no complex setup, no heavy equipment, and no intimidating learning curve. It is intuitive and accessible, yet highly effective.

There is nothing else on the market today that blends flexibility, strength, portability, and biomechanical intelligence in the same way. The Bendy Bar trains movement patterns, not just isolated muscles—and that distinction matters greatly in preserving long-term joint health and performance.

After three decades of working with professional athletes and active adults, I do not endorse products casually. The Bendy Bar represents a thoughtful, effective tool that aligns with the principles I teach every day: move well, stay strong, and protect your longevity.

I wholeheartedly recommend the Bendy Bar to anyone seeking to improve their strength, mobility, overall health, and long-term vitality.

Yours in excellent health,


Dr. JT Anderson, D.C.
Author, Motion is Lotion – Live an Oily Life
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