



Benefits of the 21 Simple Tools for Lifelong Comfort and Ease™

Exercise Tool #1 Juicy Joints: Joint Mobility and Flexibility, Circulation, Range of Motion

Exercise Tool #2 Dive In!: Upper Body and Abdominal Strength, Upper/Lower and Right/Left Coordination

Exercise Tool #3 Spelling "B" (for Body): Cognitive Function(all 5 areas of brain including Kinesthetic Learning) Range of Motion

Exercise Tool #4 Front Row Orchestra: Multi-Skill, Spinal Flexibility, Right-left Brain Coordination, Eye-Hand Coordination

Exercise Tool #5 Zoo-ology: Systemic Movement, Breath Support, Fall Prevention, Cognitive Function (Memory/Recall/Imagination), Sense of Humor

Exercise Tool #6 Try Chi: Joint Stability, Strength, Control, Eye-Hand Coordination, Breathing

Exercise Tool #7 Yo Baby!: Flexibility, Stretching, Alignment, Joint & Muscle Control (Stability)

Exercise Tool #8 Body Math: Respond, React, Recover, Cognitive Function, Agility, Neural Response

Exercise Tool #9 Gentle Geometry: Neuroplasticity, Coordination, Multi-tasking, Sense of Humor

Exercise Tool #10 Rockin' Rocky or Rockettes: Lower Body Strength, Hip Mobility, Ankle and Foot Flexibility, Arch Support

Exercise Tool #11 Spaghetti Spine: Spinal Flexibility & Mobility; Stimulate all 26 parts of Spine

Exercise Tool #12 Express Yourself!: Mobility, Strength & Agility in entire arm (Hands, Fingers, Arms, Shoulders, Back & Chest muscles)

Exercise Tool #13 "Power" Tools: Muscle Power, Strength & Leverage. Dexterity, Movement Integration & Coordination. Imagination, Memory/Recall

Exercise Tool #14 Saving Face: Stimulation and Coordination of Facial Muscles, Headache Relief, Release of TMJ and other Tension, Sense of Humor

Exercise Tool #15 Balancing Act: Balance Pts, Fall Prevention, Inner Ear Fluid Stimulation, Bone Density

Exercise Tool #16 B-R-E-A-T-H-E Out Loud: Oxygenation of Cells (bloodstream, muscles, brain), Increase Lung Capacity, Sense of Humor, Stress Relief

Exercise Tool #17 Grab Bag: Agility & Dexterity in Hand and Finger Muscles, Arthritis, Joint Flexibility and Mobility, Eye-hand Coordination, Right/left Brain Function

Exercise Tool #18 Shake It Up Baby!: Skin and Connective Tissue Health, Nervous System Stimulation, Agility, Reduces Stress

Exercise Tool #19 Team Fit: Overall Physical as well as Eye-Hand Coordination, Muscle Memory, Cognitive Function (Memory/Recall/Strategic Thinking)

Exercise Tool #20 Get Down, Get Up!: Cardiovascular Conditioning, Muscle Strength, Spinal Health and Flexibility, Bone Density. Fall Prevention

Exercise Tool #21 Dance Party!: Emotional Expression, Memory/Recall, Cardiovascular Conditioning, Systemic

It's never too late to begin.

It's never too early to start.™