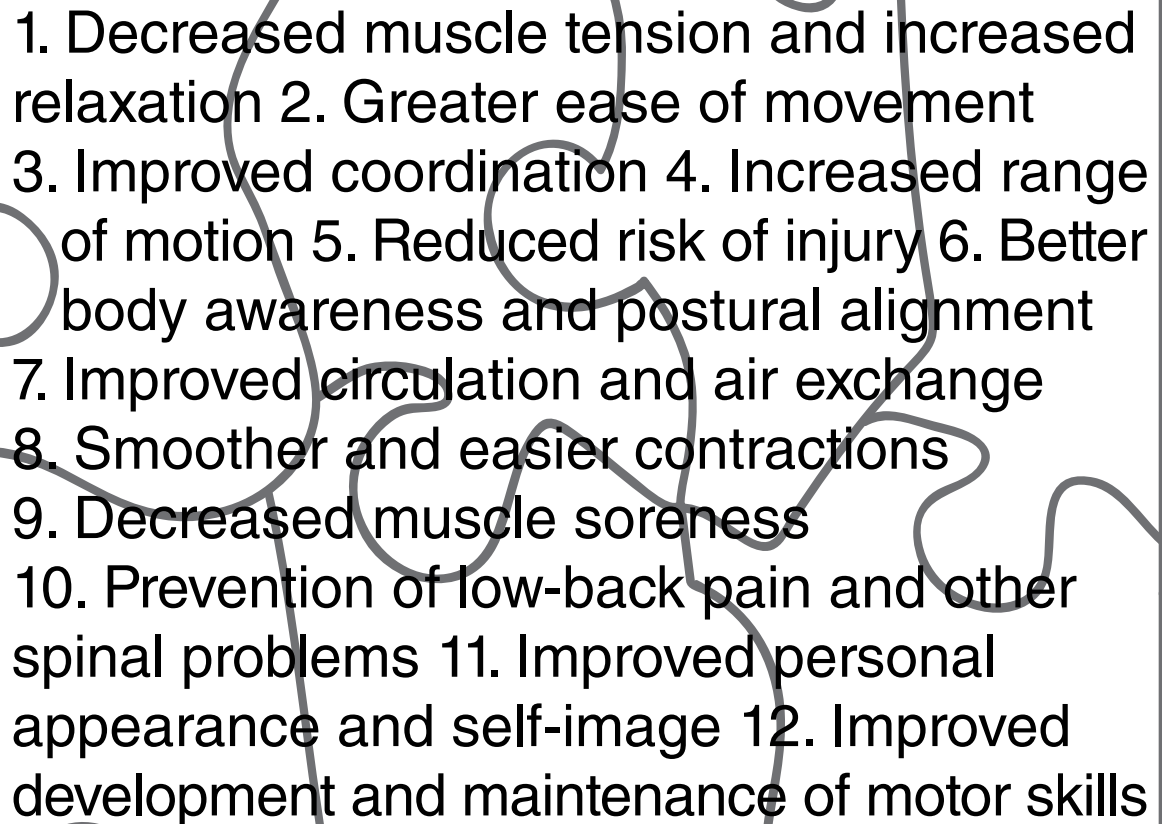




FLEXIBILITY PUZZLE

Cut on the bold lines to make the puzzle.

- 
1. Decreased muscle tension and increased relaxation
 2. Greater ease of movement
 3. Improved coordination
 4. Increased range of motion
 5. Reduced risk of injury
 6. Better body awareness and postural alignment
 7. Improved circulation and air exchange
 8. Smoother and easier contractions
 9. Decreased muscle soreness
 10. Prevention of low-back pain and other spinal problems
 11. Improved personal appearance and self-image
 12. Improved development and maintenance of motor skills