



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

**Exercise Tool #1 Juicy Joints:** Joint Mobility and Flexibility, Circulation

**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, Kinesthetic Learning, Range of Motion

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

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

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

**Exercise Tool #7 Yo Baby!:** Flexibility, Alignment, Joint Stability

**Exercise Tool #8 Body Math:** Cognitive Function, Agility, Neural Response

**Exercise Tool #9 Gentle Geometry:** Coordination, Neural Response, Multi-tasking, Sense of Humor

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

**Exercise Tool #11 Spaghetti Spine:** Flexibility, Mobility and Nervous System

**Exercise Tool #12 Express Yourself!:** Mobility and Agility in the Hands, Fingers, Arms and Shoulders

**Exercise Tool #13 "Power" Tools:** Imagination,

Memory/ Recall, Stimulation of Shoulder, Arm, Hand Muscles and Ligaments, Coordination

**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:** 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), Sense of Humor, Stress Relief

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

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

**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

*It's never too late to  
begin. It's never too  
early to start.™*