



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

**Exercise Tool #1 Juicy Joints:** Joint Mobility.

Ligament Flexibility, Circulation

**Exercise Tool #2 Dive In!:** Upper Body & Abdominal Strength.

Upper/Lower Body, Psoas, Right/Left Brain Coordination, Hip Flexors

**Exercise Tool #3 Spelling "B" (for Body):** All five areas of the brain.

Cognitive Function, Kinesthetic Learning, Range of Motion

**Exercise Tool #4 Front Row Orchestra:** Multi-skilling.

Spinal Flexibility, Right-Left Brain Coordination, Eye-Hand Coordination

**Exercise Tool #5 Zoo-ology:** Systemic Movement.

Breathing, Fall Prevention, Cognitive Function (Memory/Imagination), Humor

**Exercise Tool #6 Try Chi:** Stability in the Ligaments/Joints.

Muscle Control, Eye-Hand Coordination, Breathing and Relaxation

**Exercise Tool #7 Yo Baby!:** Flexibility.

Alignment, Stretch, Joint Stability, Bone Density

**Exercise Tool #8 Body Math:** Ability to Respond, React and Recover. (The Three R's)

Cognitive Function, Agility, Neural Response

**Exercise Tool #9 Gentle Geometry:** Neuroplasticity.

Coordination, Neural Response, Multi-skilling, Sense of Humor

**Exercise Tool #10 Rockin' Rockettes/Rocky:** Hip Flexors and lower body function.

Thigh Strength, Hip Mobility, Ankle and Foot Flexibility, Arch Support, Foot Health



**Exercise Tool #11 Spaghetti Spine:** Spinal Flexibility: all 26 working parts of the spine.  
(7 Cervical vertebrae, 12 thoracic, 5 lumbar, sacrum and coccyx)

**Exercise Tool #12 Express Yourself!:** Mobility, Strength and Agility in Entire Arm.  
(Hands, Fingers, Arms, Shoulders, back and chest muscles)

**Exercise Tool #13 "Power" Tools:** Muscle Power and Leverage.  
Integration, Imagination, Memory/ Recall, Coordination

**Exercise Tool #14 Saving Face:** Release of Tension in the Face, Head and Neck.  
Relaxation, Muscle Toning, Headache Relief, TMJ/ Jaw Tension, Sense of Humor

**Exercise Tool #15 Balancing Act:** Balance and Fall Prevention.  
Inner Ear Fluid Stimulation, Neural Pathway Development, Bone Density, Ankle Strength

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

**Exercise Tool #17 Grab Bag:** Dexterity in the Hands, Fingers and Wrists. (ADLs)  
Muscle Strength, Arthritis, Joint Flexibility/Mobility, Eye-Hand Coordination

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

**Exercise Tool #19 Team Fit:** Muscle Mass and Coordination.  
Overall Physical Strength, Eye-Hand Coordination, Memory/Recall/Strategic Planning

**Exercise Tool #20 Get Down, Get Up!:** The Muscle of the Heart/Cardio Conditioning.  
Muscle Strength, Spinal Health and Flexibility, Bone Density, Fall Prevention

**Exercise Tool #21 Dance Party!:** Emotional Expression.  
Memory/Recall, Cardiovascular Conditioning, Systemic  
Also Memory/Recall, Cardiovascular Conditioning, Overall Functionality.