



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

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

Also Ligament Flexibility, Circulation

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

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

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

Also Cognitive Function, Kinesthetic Learning, Range of Motion

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

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

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

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

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

Also Muscle Control, Eye-Hand Coordination, Breathing and Relaxation

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

Also Alignment, Joint Stability, Bone Density

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

Also Cognitive Function, Agility, Neural Response

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

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

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

Also 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.  
(the Hands, Fingers, Arms, Shoulders, back and chest muscles)

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

**Exercise Tool #14 Saving Face:** Release of Tension in the Face, Head and Neck.  
Also 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). Also Sense of Humor, Stress Relief, Personal Power

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

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

**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.  
Also Muscle Strength, Spinal Health and Flexibility, Bone Density, Fall Prevention

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