



## Flexibility: Stretch and Move Further!

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By Ellen Labrecque

Capstone Global Library Ltd. Paperback. Book Condition: new. BRAND NEW, Flexibility: Stretch and Move Further!, Ellen Labrecque, Why is flexibility important? How can you stay healthy? What are some fun, simple exercises we can all do to stay fit? This book answers these questions and more. Levelled text and images help teach readers about important health concepts, while step-by-step directions help readers practice exercises on their own.

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