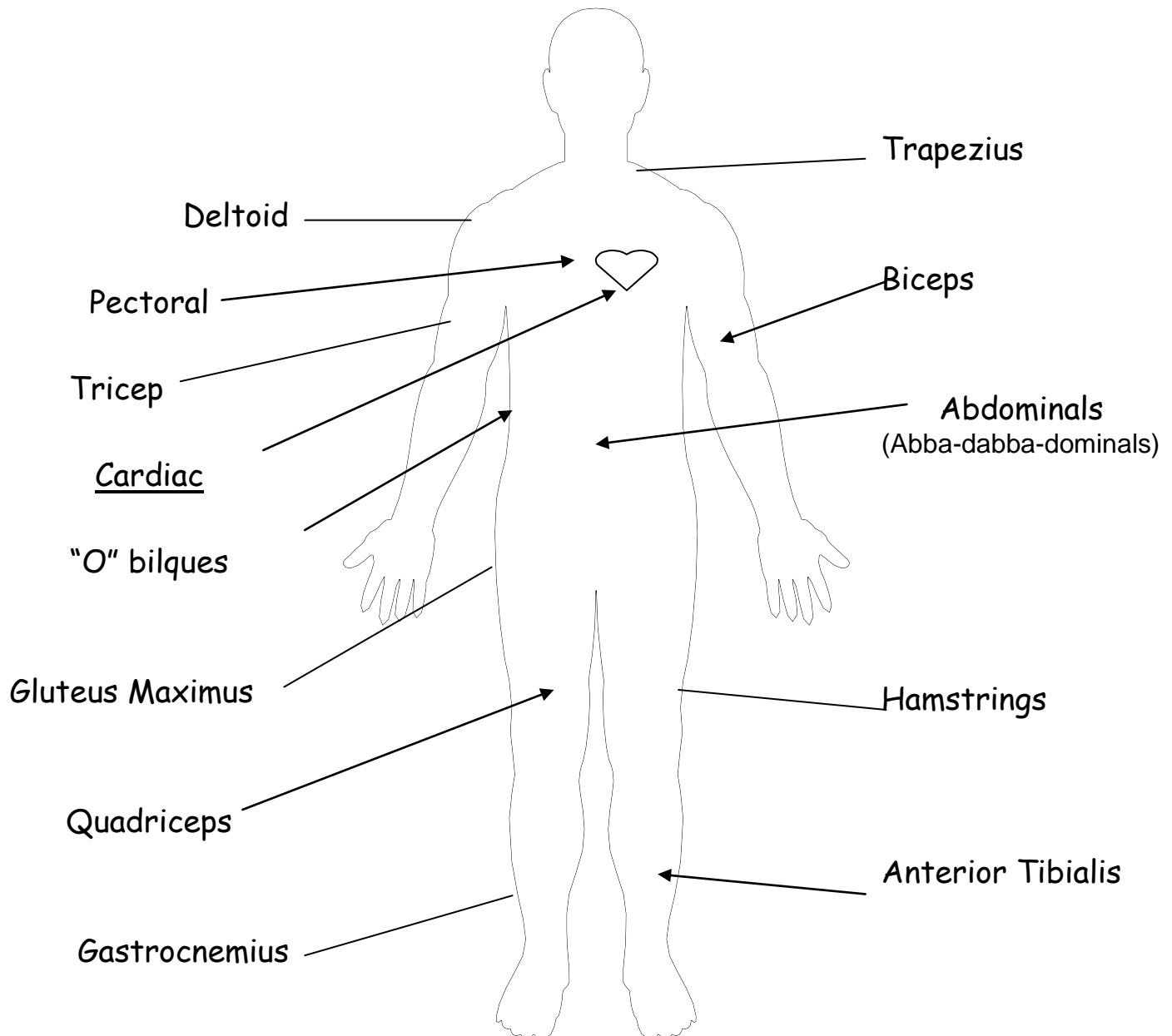


My Muscles

Inside me are 650 muscles.

These are the ones I learned in Stretch-N-Grow!



A muscles' job is to move...move...move!

In each Stretch-n-Grow class we review our major muscle groups. Please review the muscles with your child. Have your child demonstrate the exercise for strengthening each group, and Answer "What is the most important muscle in our body?"