



by Stretch-n-Grow



EXERCISE

SLEEP

ATTITUDE

NUTRITION

BONE:
Fibula & Tibia

MUSCLE:
Tibialis



MOTOR SKILL FOCUS
Leaping
(Locomotor)



YOGA POSE
Tree



STRETCH-N-GROW'S IRISH ORIGINS

Bob Manly (joint founder of Stretch-n-Grow) was a Chicago Irish American who was delighted when Irish woman Tanya Davie (and her husband Deno) took over the UK master franchise. Proud to be Irish and March is always a month of fun and Gaelic pride!

