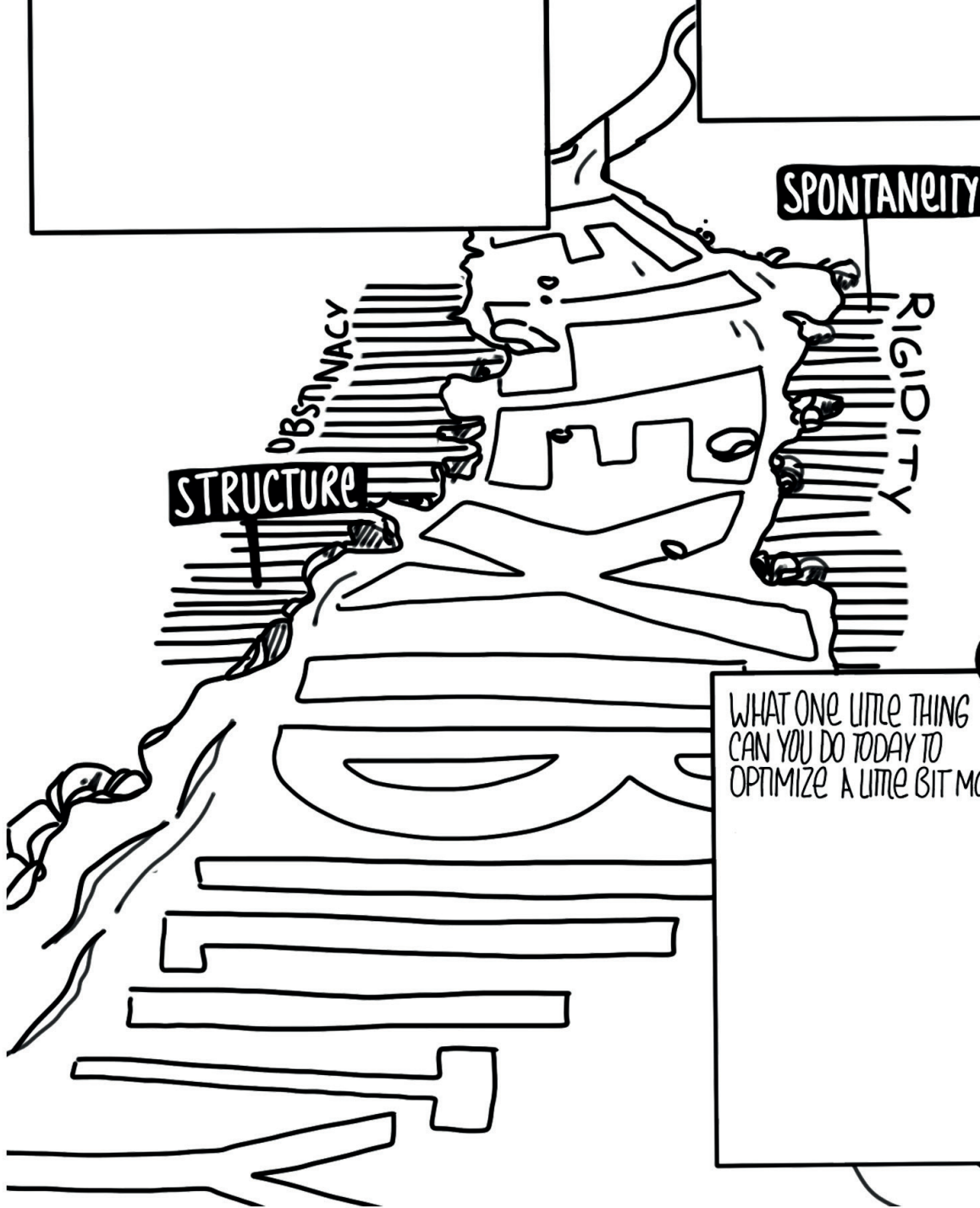


SENECA ON FLEXIBILITY

THE
WORKSHEET

1 HOWS YOUR FLEXIBILITY?

2 WHEN / WHERE DO YOU TEND TO ERR TOO FAR TO ONE SIDE OR THE OTHER?



3 WHAT ONE LITTLE THING CAN YOU DO TODAY TO OPTIMIZE A LITTLE BIT MORE?