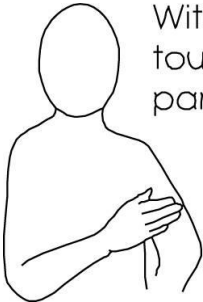
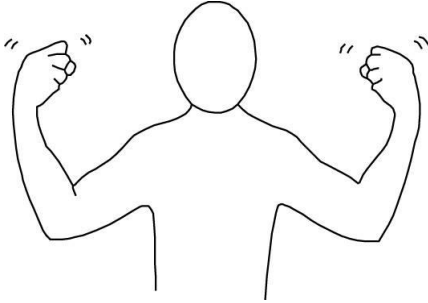
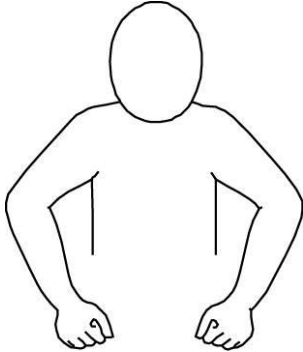
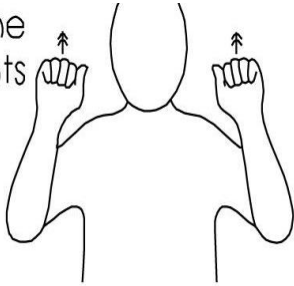
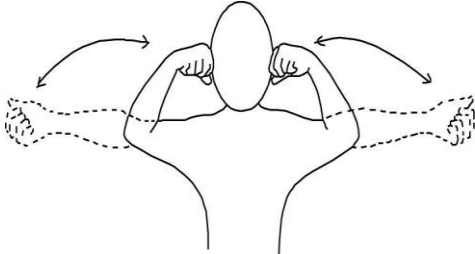
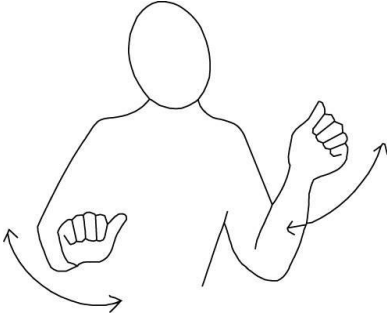


Signs of the Week

 <p>With finger tips touch appropriate part of arm</p> <p>Muscle</p>	 <p>Strong</p>
 <p>Weak</p>	 <p>Mime lifting weights</p> <p>Weights</p>
 <p>Exercise</p>	 <p>Move</p>