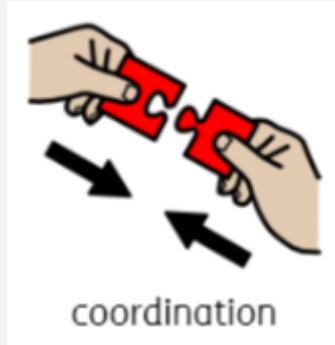


Yl_Autl_Word

Picture

Definition

coordination



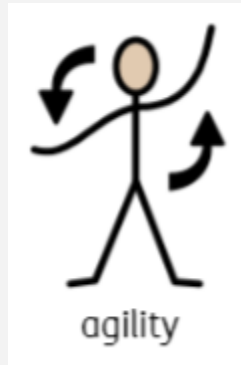
the ability to move two or more body parts with control.

Yl_Autl_Word

Picture

Definition

agility



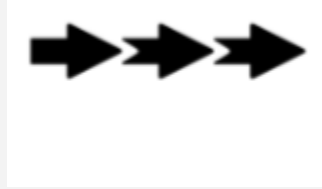
the ability to change direction quickly with control.

Yl_Autl_Word

Picture

Definition

stamina



the ability to cope with physical activity for long periods of time without getting tired.

Yl_Autl_Word

Picture

Definition

continuous



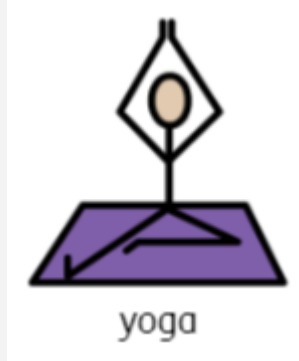
carrying on for a long period of time without rest.

Yl_Autl_Word

Picture

Definition

yoga



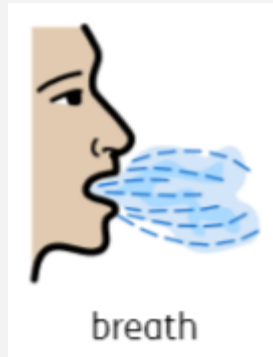
yoga is the coming together of mind (thoughts and feelings) and physical body.

Yl_Autl_Word

Picture

Definition

breath



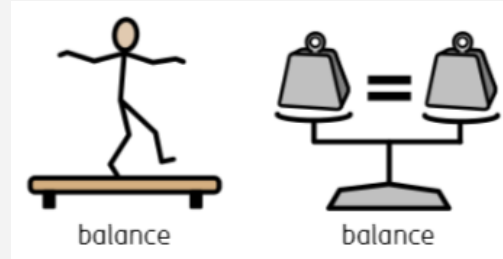
To draw air into and expel it from the lungs.

Yl_Autl_Word

Picture

Definition

balance



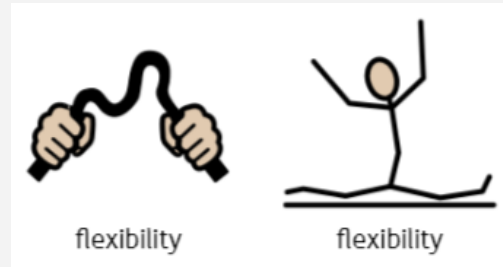
**the ability to change
and control body
movement during
activities**

Yl_Autl_Word

Picture

Definition

Flexibility



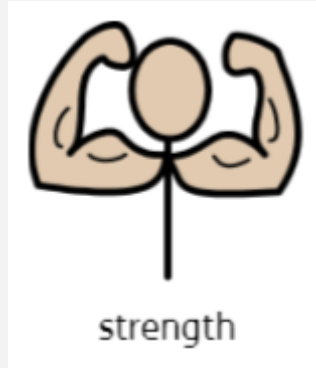
**the body's ability to
effectively stretch, bend
and move without injury**

Yl_Autl_Word

Picture

Definition

strength



being strong

Yl_Autl_Word

Picture

Definition (Science)