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Quick Start Take Shape For Life

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Lisa Spelman, Intel Thank you for having me. I really appreciate the invite. Julie Devoll, HBR So Lisa, let ' s start with what fuels your curiosity. Lisa Spelman, Intel I first have to say, I love the ...

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All sorts of explosive jumps, hops, and quick agility ... or rainbow shape, until you reach the same position on the opposite side of your body. Alternate directions, and swing

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3. Use a fine motor game: layers ...

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