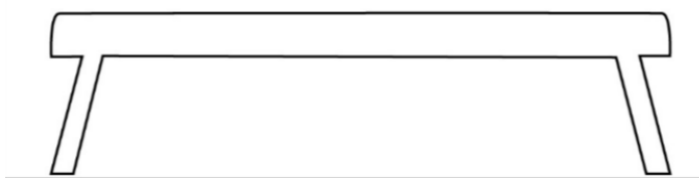
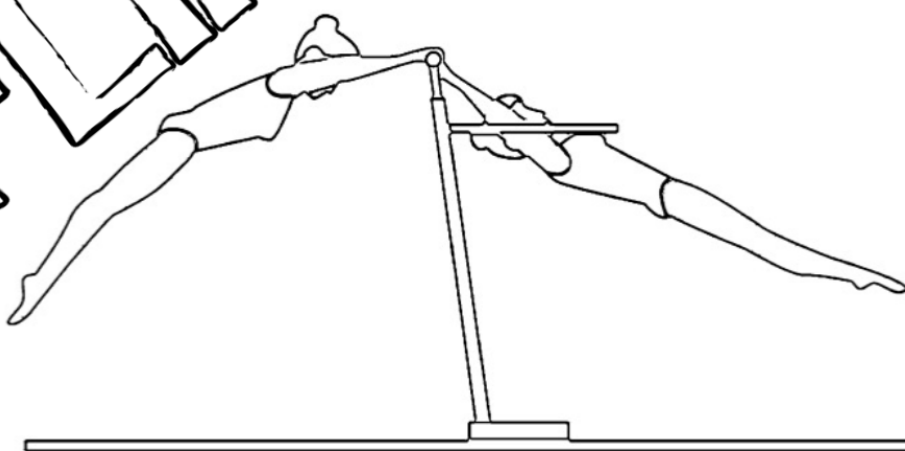


JUMP off the beam,



FLIP

off the bars,



follow your

DREAMS

and REACH



for the stars

STRONG



graceful

DEDICATED


In other words...

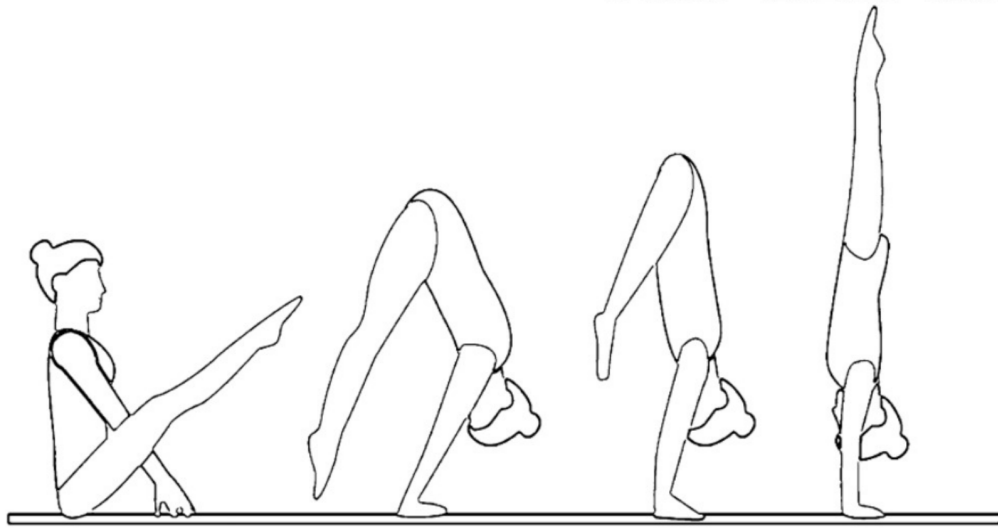


a

GYMNAST



"HARD   
days are the  
BEST



because that's when

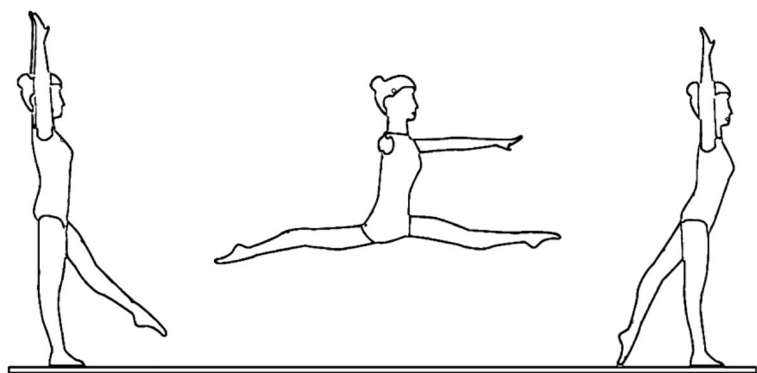
CHAMPIONS  
are made "



- Gabby Douglas

"DON'T  
PRACTICE

UNTIL YOU GET IT



RIGHT.

PRACTICE

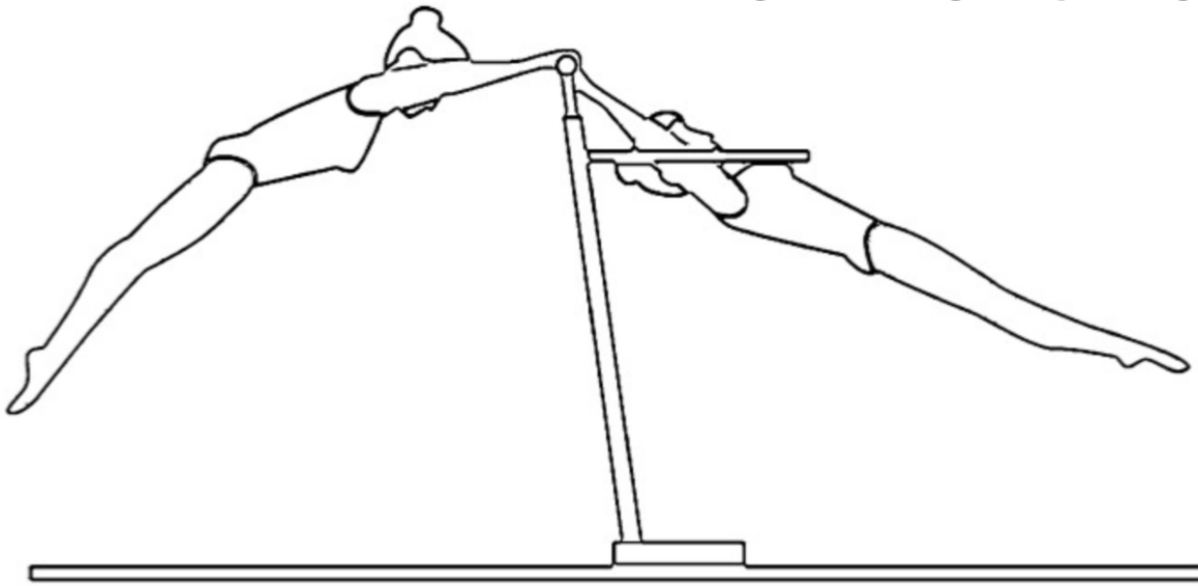
UNTIL YOU

CAN'T GET IT

WRONG."

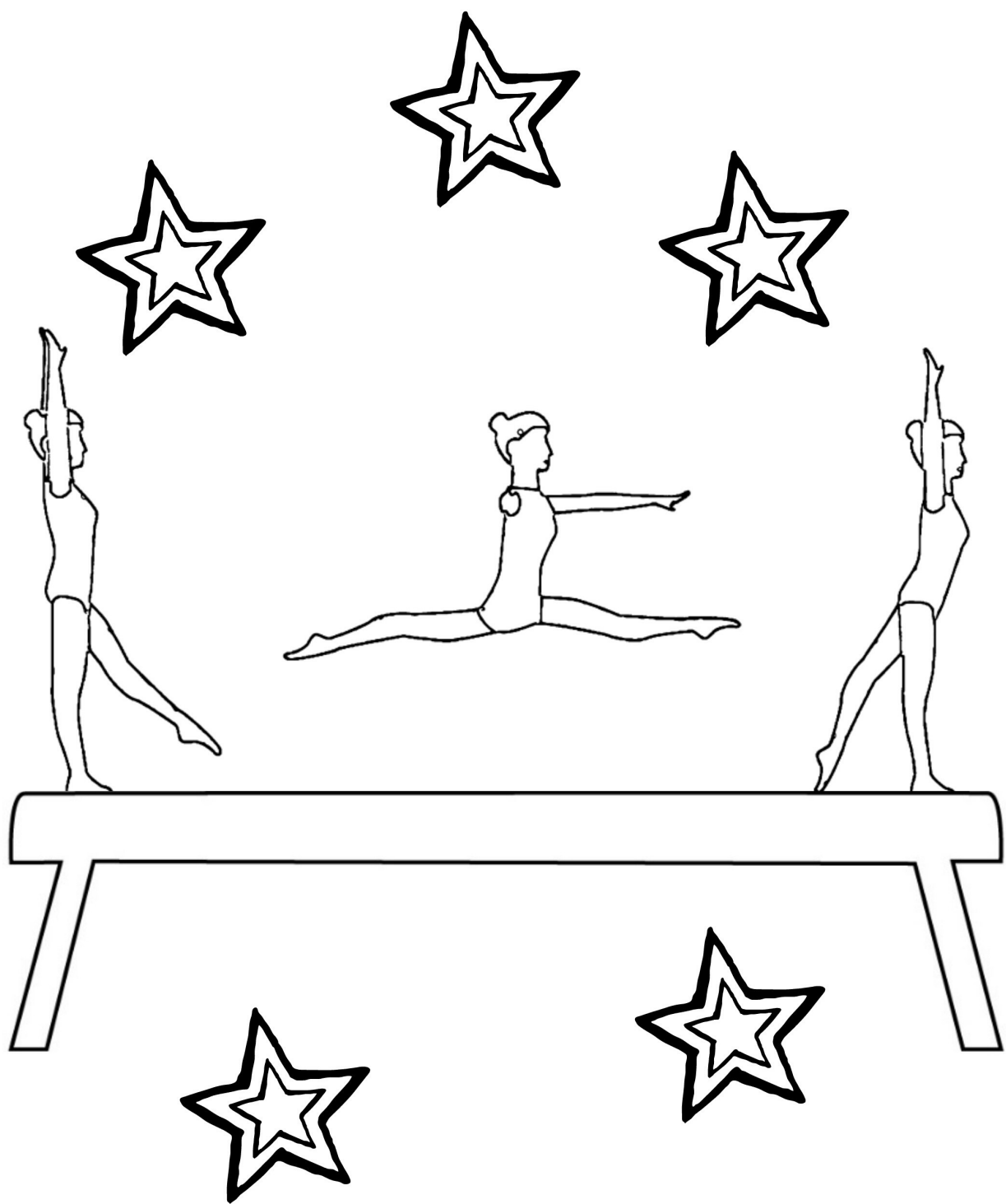
— UNKNOWN

Being a gymnast  
means having the  
**STRENGTH**  
to hold on...



and the **COURAGE**  
to let go.





GYMNASTICS  
IS LIFE





To make bookmarks--cut them up and back them on colorful paper