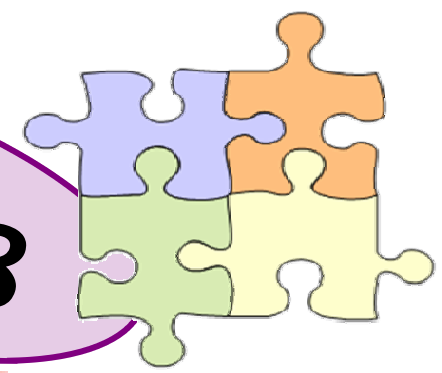


Fitness Puzzle

Week 8



10 Reason's to Floss!!!

*Do something positive for yourself! Floss!!
In less than one minute per day you can
accomplish the following health benefits:*

1. Prevent Decay
2. Prevent gum disease
3. Fresher breath
4. Whiter smile (less stain)
5. Younger smile (less gum recession)
6. Less dental expense
7. Less dental pain
8. Less time away from work or family life
9. Healthier Heart (bacteria from gum disease has been linked to certain types of heart disease).
10. Maintains health/condition of dental restorations

