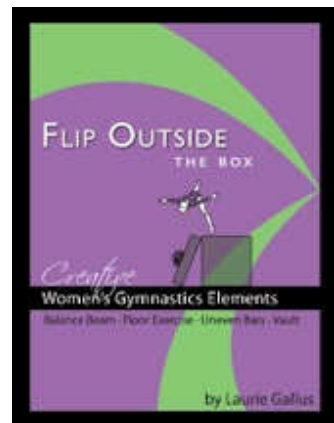


PRESS RELEASE

New book puts the art back into Women's Artistic Gymnastics *Exciting new guide encourages gymnasts to flip outside the box*

Women's Artistic Gymnastics is an exciting and dynamic sport whose possibilities should be endless. But changes in the way gymnastic performances are judged have forced gymnasts to abandon the creative side of their sport. Too many routines resemble each other, often using the same elements, and even the most ambitious gymnasts find few opportunities to express their originality.

It doesn't have to be this way, says Laurie Gallus, the author of a new book titled "**Flip Outside the Box: Creative Women's Gymnastics Elements**". Her book contains dozens of groundbreaking creative and artistic elements for balance beam, floor exercise, uneven bars, and vault, and aims to help both gymnasts and their coaches create new routines while discovering their individual artistic expression and creativity in the process.



"Every gymnast needs to stand out in competition and **Flip Outside The Box** can help them do just that," says Gallus, a former Vermont State Champion who brings a lifetime of experience as both a competitive gymnast and a part-time coach to her passion for the sport. "Creativity makes gymnastics interesting as well as more enjoyable to watch and perform. Let's revolutionize the sport we love and take it to new levels of excitement, interest and glory with the aid of this book!"

Gymnasts and coaches can download a free sample element and order "**Flip Outside the Box**" online at <http://www.flipoutsidethebox.com>.

Contact Details:

Contact author Laurie Gallus at (802) 459-2383

Order the book at <http://www.flipoutsidethebox.com>