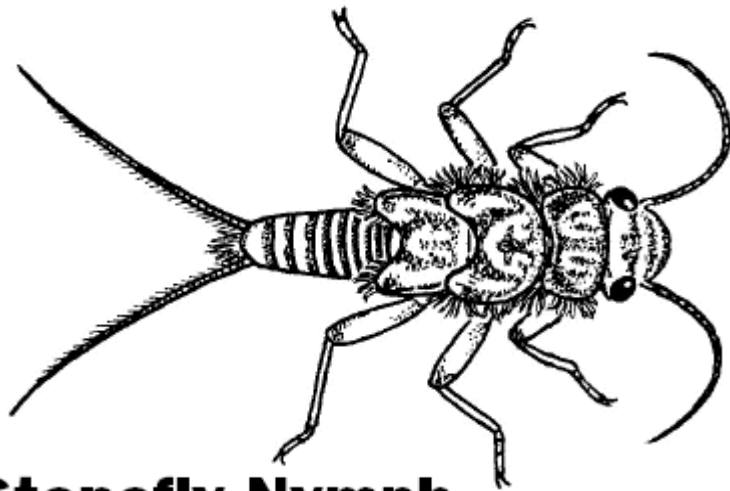


Stonefly Nymph

*** You must touch your toes every (10) steps!***

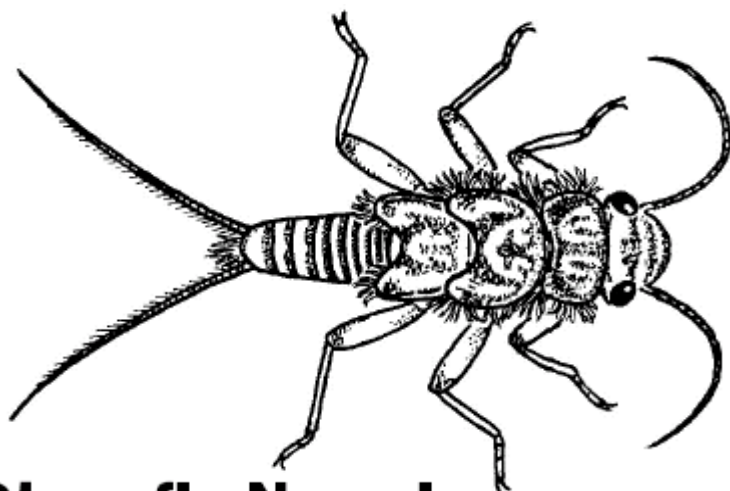
Stonefly nymphs absorb oxygen through their body surface and small gills that 'look like hairy arm pits' - They only tolerate water with high oxygen levels and do 'push-ups' to increase oxygen flow over their bodies when stressed. Stonefly nymphs have 2 sets of wing pads and 2 tails and a body designed to crawl over rocks in rapids to eat algae or small insects.



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