

PILLAR

Athletic Performance Enhancement

1. "Superhero transformation: child jumping higher over obstacles after doing exercises, achievement visualization"
2. "Sports equipment circle: various balls and equipment around a glowing healthy spine, sports success connection"

Autonomic Effects

1. "Happy heart and lungs: cartoon organs glowing peacefully with calm colors during stretching, body happiness"
2. "Relaxation rainbow: nervous system shown as gentle rainbow paths through cartoon body, calming visualization"

Auto-normalization

1. "Mirror confidence: cartoon child looking proudly in mirror while exercising independently, self-reliance building"
2. "Growing independence: three panels showing doctor helping → parent helping → child doing alone with star badge"

B

Back Pain

1. "Weather in the back: storm clouds with lightning on hurt back transforming to sunshine and rainbows, weather metaphor"
2. "Heavy backpack monster: grumpy backpack making child slouch, versus happy light bag with good posture"

Balance Training

1. "Airplane pose: child standing on one foot with arms out like airplane wings, looking happy and steady"
2. "Circus performer: cartoon child on pretend tightrope getting better at balancing, fun achievement"

Baseball

1. "Baseball twist: friendly baseball player character showing spine twisting during throw, with care zones highlighted"
2. "Dugout stretches: cartoon team doing special twists together, making exercise social and fun"

Biomechanics