

# **PILLAR**

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## **Group Classes**

1. "Exercise friends: doing stretches with buddies more fun than alone"
2. "Stretch party: group of kids having stretching fun together"

## **Guy Voyer**

1. "Exercise inventor: friendly French doctor who created these special stretches"
2. "Helper hero: doctor who wanted everyone to fix their own backs"

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## **Hamstring Flexibility**

1. "Toe touching: getting closer to toes like reaching for dropped toy"
2. "Back of leg stretches: making leg backs happy and stretchy"

## **Head Position**

1. "Book balancing: imagining balancing favorite book on head easily"
2. "Proud posture: head high like wearing invisible crown"

## **Healthcare Integration**

1. "Doctor's toolbox: these exercises joining doctor's other tools"
2. "Team helpers: exercises working with other treatments like team"

## **Hip Decoaptation**

1. "Hip space: making room in hip like opening tight jar lid"
2. "Hip happiness: giving hip joint breathing room to move better"

## **Hockey**

1. "Hockey helper: special stretches for kids who play hockey"
2. "Ice to nice: from bent on ice to standing tall off ice"

## **Hold Duration**

1. "60 second challenge: holding like statue for one minute timer"
2. "Breathing counts: counting breaths while holding still"

## **Home Exercise**

1. "Living room gym: turning home into exercise place, no gym needed"
2. "Bedroom stretches: exercises in pajamas before bed or after waking"