

PILLAR

Y

Yoga Comparison

1. "Different stretch type: yoga flows, these exercises hold still"
2. "Exercise cousins: related but different ways to help body"

Younger Populations

1. "Kid exercises: special gentler versions for children"
2. "Growing bodies: being extra careful with still-growing kids"

Y-axis Movement

1. "Up and down: making spine longer like gentle pulling taffy"
2. "Vertical stretch: creating space going up and down spine"

Year-round Training

1. "All year health: doing exercises in every season"
2. "Never stopping: like brushing teeth all year round"

Yield Point

1. "Safe stretch limit: knowing when to stop before hurting"
2. "Danger line: staying safely away from injury point"

Z

Zero Equipment

1. "Nothing needed: just your body and maybe soft floor"
2. "Free exercises: no expensive machines or tools required"

Zenith Position

1. "Personal perfect: finding your body's best position"
2. "Individual ideal: everyone's perfect posture is different"

Zonal Approach

1. "Body regions: treating all spine parts not just hurt spot"
2. "Whole spine care: like cleaning whole room not just one corner"

Zone of Comfort