

# **PILLAR**

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1. "Piggy bank health: exercises that don't cost money, just time and practice, saving money"
2. "Free vs expensive: playground exercises versus expensive gym, accessible health"

## **Craniovertebral Angle**

1. "Head like balloon: showing good floating position versus heavy hanging position"
2. "Turtle posture: friendly turtle showing good head position versus hiding in shell"

## **Cycling**

1. "Bicycle racer: cartoon cyclist showing hunched position needs stretching after rides"
2. "Bike and stretch: fun scene of kids stretching after bike adventure"

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## **Daily Practice**

1. "Tooth brushing parallel: brushing body health like brushing teeth, daily habit building"
2. "Exercise garden: watering exercise flowers every day to make them grow"

## **Decompression**

1. "Slinky spine: spine like a slinky toy that needs gentle pulling apart to work right"
2. "Space between pearls: spine bones like pearls on necklace needing space between"

## **Deep Breathing**

1. "Dragon breathing: friendly dragon showing big belly breaths, not just chest puffs"
2. "Bubble blowing: deep breaths for biggest bubbles, making breathing fun"

## **Degenerative Changes**

1. "Toy wearing out: like favorite toy getting worn, bodies need care to last longer"
2. "Garden maintenance: keeping body garden healthy so it doesn't get weedy"

## **Device Use**

1. "Phone neck monster: silly monster created by looking down too much at screens"
2. "Screen time stretches: happy kids taking stretch breaks between games"

## **Diagnosis**

1. "Body detective: friendly detective figuring out what's making body unhappy"
2. "Mystery solving: finding clues about why something hurts, like solving puzzles"