

PILLAR

1. "Getting ready: warming up body before main exercises"
2. "Preparation time: like stretching before sports"

Weight-Bearing Considerations

1. "Standing or lying: choosing best position for exercises"
2. "Load choices: deciding if need body weight or not"

Wellness Programs

1. "Work health: companies helping employees stay healthy"
2. "Group health fun: exercising together at work or school"

Whiplash

1. "Car accident hurt: neck injury needing very gentle care"
2. "Careful recovery: super slow and gentle after neck trauma"

Women's Health

1. "Girl power health: special considerations for girls and moms"
2. "Lady needs: different exercise needs for females"

Work-Related Disorders

1. "Computer pain: problems from sitting at desks all day"
2. "Office ouchies: fixing pain from too much computer time"

Workplace Integration

1. "Office exercises: doing stretches during work breaks"
2. "Desk breaks: quick movements between computer time"

X

X-ray Imaging

1. "Bone pictures: special camera only showing bones not muscles"
2. "Skeleton photos: seeing inside but missing soft parts"

X-axis Movement

1. "Side to side: moving like windshield wipers or crab walking"
2. "Sideways bending: making sure equal on both sides"