

# PILLAR

---

## Disc Health

1. "Jelly donut discs: spine cushions like jelly donuts that need to stay plump and happy"
2. "Cushion care: keeping pillow cushions fluffy between back bones"

## Duration Parameters

1. "One minute timer: colorful sand timer showing exercise hold time, like game timer"
2. "Countdown fun: rocket ship countdown from 60 to blast off, making holds engaging"

## E

## Education

1. "Learning about body: friendly teacher showing how amazing our bodies work"
2. "Body school: going to school to learn about taking care of ourselves"

## Elderly Populations

1. "Grandparent exercises: grandma and grandpa doing gentle versions with smiles"
2. "Careful care: like being extra gentle with delicate flowers, respecting elders"

## EMG Studies

1. "Muscle radio: special stickers that listen to muscles talking, like walkie-talkies"
2. "Muscle music: seeing muscle activity like sound waves on music player"

## Empowerment

1. "Exercise superhero: child wearing cape feeling strong from doing own exercises"
2. "I can do it!: confident child with achievement medals for self-care"

## End Range

1. "Stretch limit sign: friendly stop sign showing safe stretching distance"
2. "Rubber band stretch: showing safe stretch versus too much stretch breaking"

## Evidence Base

1. "Science experiment: showing exercises tested like school science projects"
2. "Proof pyramid: building blocks of proof that exercises work"

## Execution Quality

1. "Gold star form: doing exercises just right gets gold stars"
2. "Copy cat game: copying the right way exactly, like Simon Says"