

# **PILLAR**

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## **Hydration**

1. "Water for body: drinking water keeps body bendy like wet sponge"
2. "Thirsty muscles: muscles need water like plants need watering"

## **Hypermobility**

1. "Super bendy: some kids extra flexible like rubber bands, need special care"
2. "Careful stretching: being gentle when already very stretchy"

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## **Individual Variation**

1. "Everyone different: like different shoe sizes, everyone needs different exercises"
2. "Unique like fingerprints: each body special and needs special care"

## **Inflammation**

1. "Angry red spots: like scraped knee, needs gentle care until better"
2. "Body fire fighters: waiting for body to put out fire before exercising"

## **Injury Prevention**

1. "Safety armor: exercises like wearing invisible armor against injuries"
2. "Protection practice: like wearing helmet but for whole body"

## **Integration**

1. "Orchestra body: all parts playing together in harmony"
2. "Puzzle pieces: body parts fitting together perfectly"

## **Intensity**

1. "Just right feeling: not too easy like nap, not too hard like moving piano"
2. "Goldilocks stretch: finding just right amount of work"

## **International Sports**

1. "World of athletes: kids all over world using these exercises"
2. "Olympic helpers: exercises helping athletes from every country"

## **Intervertebral Disc**

1. "Jelly cushions: squishy cushions between back bones staying healthy"
2. "Donut protectors: keeping jelly donut discs happy and full"