

PILLAR

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"

D

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"