

PILLAR

Exercise Prescription

1. "Recipe for health: exercises written like cookie recipe, right amounts of each"
2. "Body medicine: special movement medicine for each problem"

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Fascial System

1. "Body's plastic wrap: friendly wrapping paper around all muscles and organs"
2. "Connected web: like string art connecting everything in body"

Fascial Tension

1. "Stretchy string art: pulling strings to create helpful patterns in body"
2. "Tension tent: like setting up tent with right amount of rope pull"

Fatigue

1. "Tired muscles: muscles getting sleepy from holding positions, like after playing"
2. "Good tired: happy tired like after playground, not bad tired"

Feedback Mechanisms

1. "Body messages: body sending text messages about how exercises feel"
2. "Feeling thermometer: different feelings showing if exercise is just right"

Feldenkrais Method

1. "Different dance: another way to move better, like different dance styles"
2. "Movement flavors: different ice cream flavors of movement help"

Flexibility

1. "Bendy straw: being flexible like bendy straw but not too floppy"
2. "Gymnast goals: getting bendy in safe helpful ways"

Fluid Dynamics

1. "Body rivers: fluids flowing like rivers through body landscape"
2. "Water slide: helping body fluids slide better through tubes"

Force Transmission

1. "Power path: showing how jumping power travels from feet to hands"
2. "Energy highway: force traveling through body like cars on highway"