



SAYS

I'm pretty busy all day

What helps quickly?

My shoulders feel sore

I only have 10 minutes

THINKS

This keeps coming back

I'm getting old

4 more hours to go

Will anything work for me?

This movement is confusing

DOES

Looks at pictures of stretches

Youtube yoga

Asks her doctor

Completes app challenges

Takes a walk after work

FEELS

Unsure where to look

Busy

Tired

Overwhelmed by options

Sore

GOALS

Reduce pain overall

Spend less time sitting

Learn specific relief options

PAIN POINTS

Pain is recurring/ not predictable

Some app offerings caused discomfort

Too many options for exercises