

The background of the slide is composed of numerous overlapping triangles in various shades of green and yellow. These triangles are arranged in a way that creates a sense of depth and movement, with some appearing to be in the foreground and others receding into the background. The overall effect is a vibrant, geometric pattern.

Simple Guide for U3 users

BODYGREEN



STANDING POSTURE

Standing straight – relax your hands and body.

- Exercise the small muscles on your face.
- Exercise your neck and shoulder.
- Exercise whole body bones, joints, muscles.



STANDING POSTURE

- Increase balance – prevent falls and tumbles.
- Relieve muscles and bones.
- Activate cells and muscles.

STANDING POSTURE

- Abdominal emphasis.
- Strengthen the core muscles.
- Improve autonomic nervous system.



STANDING POSTURE

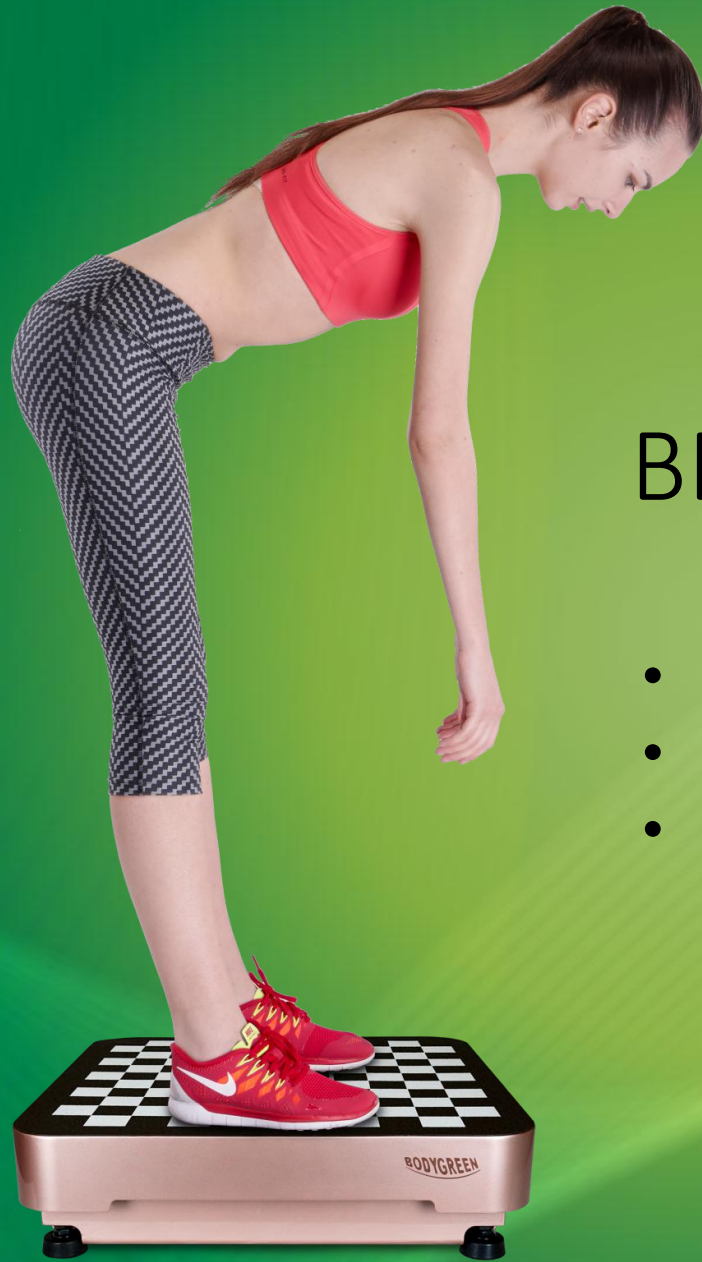
- Increase blood circulation.
- Strengthen bones – prevent osteoporosis.
- Increase height of adolescents.





BENDING POSTURE

- Emphasise lower hips.
- Prevention of urinary continence.
- Prevent prostate cancer.



BENDING POSTURE

- Exercise waistline.
- Relieve lower back pain.
- Help in kidney maintenance.

SITTING POSTURE

- Improve autonomic nervous system
- Prevent sleep disorders, insomnia.
- Improve the digestive system
- Enhance gastrointestinal motility absorption function
- Prevent constipation





SITTING POSTURE

- Strengthen the leg muscles and bone.
- Reduce knee pain.
- Relax blood vessels in legs.



SITTING POSTURE

- Stimulate collagen hyperplasia.
- Pull and tighten facial muscles.
- Improves facial elasticity, eliminate wrinkles.

SITTING POSTURE

- Relax the eye muscles
- Eliminate fatigue.
(Recommended: Supplement with the use of essential oils)



LEANING POSTURE

- Tighten and sculpt abdomen.
- Reduce flappy arms.
- Improve frozen shoulders.



LEANING POSTURE

- Strengthen internal organs
- Realign internal organs
- Feet and toes training



LEANING POSTURE

- Relax calf muscles.
- Increase venous return.



LEANING POSTURE

- Tighten and sculpt arms
- Head down position – Relaxation of frozen shoulders.



The image features a decorative border of vibrant green leaves and thin brown branches framing the central text. The leaves are detailed with visible veins and serrated edges, set against a clean white background.

YOUR HEALTHY LIFE BEGINS WITH U3

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