Searching Dynamic Health

When searching *Dynamic Health*, you have the ability to view a result list of skills related to your search terms or go directly to a specific *Dynamic Health* skill guide when one matches your terms.

**To search for skills in *Dynamic Health***:

1. Begin entering your search **term(s)** in the search box.

   As you type, *Dynamic Health* skill guides and searches matching your terms appear below the search box.

2. Select a *Dynamic Health* skill under **Go To** to go directly to the skill guide or select a search term under **Search For** to view a result list.

   You can also click the **Q** button or press the **Enter** key on your keyboard at any time to view a result list.

3. *Dynamic Health* displays a Result List. The skills in the Result List are ordered by relevance, based on the term you entered. Note that the term(s) might not exist in the skill title.

   If **Videos** or **Images** related to your search terms are available, you can view only those results using the tabs next to **All**.
4. Click a **Dynamic Health skill** to view the skill guide.

-OR-

When available, click a heading to go directly to that section of the guide.