

# GETTING STARTED

LET'S  
MOVE!

## WHAT IS IT?

MOVE30 will have you feeling and moving better in only 30 minutes! Build *movement health* by mastering the fundamental patterns that encompass everything you do in life. Grow your *movement confidence* with expert coaching, motivating music, and a supportive group environment that will help you succeed. *MOVE FOR LIFE!*

## WHAT WILL I DO?

**ENERGIZE:** Get off to a great start by energizing the body with a simple warm-up. These basic movements are designed to “wake up” your entire body and prepare you for the various types of movements you will explore using the ViPR and The STEP.® You’ll be surprised at how confident you feel right away!

**SKILLS:** Now is the time to enhance your movement skills. You will be given various movement patterns to practice at your own pace, in your own way. You will have 40 seconds to work on each movement, followed by 20 seconds of recovery. Your MOVE30 Coach will help you be successful with several different movement challenges like strength, range of motion, endurance, balance, and even coordination. The best part of the Skills phase is that you are able to adapt each challenge to ensure the movements are right for you.

**PLAY:** Have a little fun with simple challenges that train the brain-body connection. It’s just you against yourself, and everyone is all smiles!

**HOMEWORK:** Improve your everyday movement health with a quick “homework assignment” that helps you maintain your newfound movement skills.

## IS IT FOR ME?

MOVE30 is the perfect program choice for many different people:

- ▶ Anyone looking to improve overall movement health because MOVE30 is about practicing movements that are essential to everyday life
- ▶ Someone looking to start an exercise routine because MOVE30 is a program designed to build movement confidence
- ▶ Many people who want to exercise but are turned off by some of the “high-intensity” programs out there
- ▶ Experienced exercisers who want to balance out a more rigorous exercise routine with a program that reconditions the body and makes them better movers
- ▶ Anyone concerned about back pain, joint health, or other physical issues because MOVE30 teaches healthy movement habits for life and can help provide relief for these common ailments
- ▶ Adults of all ages who want to “Grow Younger” because MOVE30 is designed to improve movement quality throughout your life

## HOW OFTEN SHOULD I DO IT?

Participating in MOVE30 two or more times per week will help you make noticeable improvements in movement quality and overall health. It’s still valuable if you can only make it one time per week, but your results will be better and more consistent when you attend at least two times per week.

## HELPFUL HINTS?

You are only new to MOVE30 the first time you do it. After 3-5 experiences, you will get into the rhythm of the program and know what to expect. Here are some tips to help with your first few experiences:

- ▶ Wear comfortable workout clothes that allow you to move freely in all directions.
- ▶ Wear athletic shoes.
- ▶ Bring a towel and a bottle of water.
- ▶ Arrive 5-10 minutes before the scheduled start time so the Coach can help you get ready and introduce you to the workout.
- ▶ Pick a small ViPR size for your first workout (probably a purple 4-kg ViPR).
- ▶ Stand where you have a clear view of the Coach, closer to the center of the room (you do not have to be in the front).
- ▶ The Coach will lead you through the workout, demonstrate all of the movements, and offer options so that you can customize the experience for yourself.
- ▶ It is totally normal for the exercises to feel strange or awkward at first – that is actually the point because MOVE30 is about practicing movements that we might be “out of practice” doing, as well as building movement confidence. This means it is OK to feel “less confident” with some movements.
- ▶ The Coach will encourage you to start by executing a smaller version of each exercise and then build upon them as you feel more comfortable.
- ▶ This is YOUR time to practice some of the fundamental movements of life. Everyone will look a little different while moving, so do not feel like you need to compare yourself to others.
- ▶ You will have ample opportunity to take breaks throughout the 30 minutes.
- ▶ Talk with the Coach after the workout and ask any questions you may have.

## HOW WILL I FEEL?

It is normal to feel a bit nervous or anxious before experiencing MOVE30 for the first time. Most of those feelings will disappear after your first experience. The Coach is there to answer any of your questions, and other group members are always willing to help. During the program, you might feel awkward or unusual because we are often relearning how to move our bodies in effective ways. This is actually a good thing – it means your body is developing new neural patterns that will help you move better throughout life. The movements will feel more natural every single time you return to MOVE30. Let your body learn how to move with greater efficiency and integrity.

At the completion of MOVE30, you can ask the Coach for help with any of the exercises and ask questions about anything that felt confusing or uncomfortable. You may be a little sore over the next couple of days following your MOVE30 experience. This is normal when we experience new movements, especially better quality of movement. This kind of muscle soreness is a positive sign that you are working important muscles that might not have been working as effectively as they should be, and it is one of the key benefits of MOVE30. You can aid in the recovery process by doing your homework stretch, varying your posture throughout the day, avoiding too much sitting, and walking more often.

We are excited for you to try this effective movement health program. We promise to have you moving better, with more ease and confidence, in no time!





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