

SPOTLIGHT: MOVE30

MOVE30® will improve your Movement Health in only 30 minutes. By practicing a wide variety of specific exercises, you will move with more ease, less restriction, and increased confidence in everything you do in life or athletics. Expert coaching, motivating music, and choosing your own pace will help you succeed. *MOVE FOR LIFE!*

WHY IS MOVE30 ESSENTIAL?



MOVEMENT HEALTH PROGRAM

MOVE30 improves one's movement health which ensures people feel good in their bodies, moving with ease and less restriction, limitation, or pain. Movement health is really a precursor to fitness and is essential for everyone, regardless of age, to gain benefits from a fitness program. MOVE30 is not exercise for the sake of fitness but movement for the sake of health.



IDEAL FOR THE NEW EXERCISER

MOVE30 is perfect for the new exerciser because for many that are inactive, regardless if they are 20 years old or 70 years old, improving their movement health is required for them to move better and feel better which increases their movement confidence. This then prepares them for other exercises programs or activities. For many that are participating in chair-based exercise, MOVE30 is essential for them to remain active and independent by improving and fortifying the six (6) fundamental movement patterns.



FORTIFY MOVEMENT FUNDAMENTALS

MOSSA works closely with the Institute of Motion (IoM), a health coaching company that is on the cutting-edge of all movement health science. IoM has identified six (6) fundamental movement patterns that must be maintained or improved throughout one's life to be considered movement healthy. These movements are the foundation of MOVE30 and include variations of walking, squatting, lunging, bending, rotating, and ground to standing, all with and without load.



RECOVERY AND RECONDITIONING FOR THE FIT

With many intense and overspecialized training programs, people can be very fit, but not very movement healthy. MOVE30 is very effective for recovering and reconditioning the body, promoting ease of movement and increasing mobility. For them, MOVE30 will be a great compliment to their current workout routine.



IMPROVES MOVEMENT CONFIDENCE

MOVE30 is expertly designed to improve one's movement confidence which enables success with movement and eventually exercise. An individual's movement confidence takes into account their perception of competence, perceived enjoyment, and perceived harm. MOVE30 builds movement confidence because it is safe, enjoyable, and largely autonomous as the participant has considerable control over their own experience.



BROAD APPEAL FORMAT DESIGN

The 30-minute format of MOVE30 has tremendous appeal as it is very manageable for the new exerciser and convenient to add to a current workout routine for the fitness enthusiast. The equipment in MOVE30 ensures it appeals to men and women of any age by utilizing the athletic ViPR for Loaded Movement Training and support and The STEP® to simulate a ramp, stairs, a chair, and even less predictable surfaces which allows us to train life movements. Inspiring music plays a key role in the participant's motivation and improvement of rhythm and timing. Another important design element is a large portion of MOVE30 is autonomous which enhances the participant's sense of success as they work at their own pace.