

VITALITY MOVEMENT SYSTEM



OVERVIEW

Understand how the body moves, prevent injury, and optimize your health, fitness, and performance.

WHY DOES IT MATTER?



Only 1 in 3 children are physically active.



Less than 5% of adults participate in 30 minutes of physical activity a day.



Only 20% of adolescents meet the guidelines for physical activity (aerobic exercise and muscle strengthening).

Sources: Centers for Disease Control and Prevention and U.S. Department of Health and Human Services.

BENEFITS

- Educate yourself on the body's structures including muscles, joints, and bones.
- Explore the effects movement has on every system in your body.
- Understand how to move optimally and prevent injuries.
- Discover what type of movement best suits you and your goals.
- Improve your health and reduce your risk for disease.

SO WHAT'S NEXT?

- Write out your current movement/exercise level and your goals moving forward.
- Set a small obtainable daily movement goal.
- Find people who can support you along the way.
- Use the 3P Method to prioritize, plan, and pursue your movement goals.

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EXPLORE YOUR PATH TO VITALITY