

GETTING STARTED

**LET'S
MOVE!**

WHAT IS IT?

ViPR Move 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. During this phase you will explore very simple exercises designed to wake up the body and prepare it for movement. You will practice using the ViPR and The STEP® and you will be surprised how confident you will feel right away.

SKILLS: Now is the time to enhance your movement skill. During this phase you will be given different movement patterns to practice and explore on your own – at your own pace and on your own terms. You will work on each movement for 40 seconds followed by a 20 second recovery. Your ViPR Move Coach will establish various movement challenges like strength, range of motion, endurance, balance and even coordination. The best part of this phase of the program is that you determine what movements are right for you.

Some of the other great features of ViPR Move are some opportunities to play with various fun challenges designed to train the brain and body connection. These are opportunities to connect with the group.

We also connect the skills practiced during the program with some homework that is designed to build upon the improvements gained by participating in the program.

IS IT FOR ME?

ViPR Move is the perfect program choice for many different people:

- For someone looking to improve overall movement health because ViPR Move is about practicing movements that are essential for life.
- Individuals that are looking to start an exercise program because ViPR Move is a program designed to build movement confidence.
- Anyone who wants to exercise but is turned off by some of the "high-intensity" programs out there.
- For any individual looking to balance out a more rigorous exercise program because ViPR Move re-conditions the body to restore optimal movement health.
- Anyone concerned about back pain, joint health, or other physical issues because ViPR Move teaches good movement habits for life and can possibly give some relief to common ailments.
- Anyone looking to GROW YOUNGER because ViPR Move is designed to improve the movement quality in everyday life.

HOW OFTEN SHOULD I DO IT?

ViPR Move will be valuable even if attended only one time per week, alone or as a supplement to other activities. Two times a week will help you see your movement quality improve even faster.

HELPFUL HINTS?

You are only new to ViPR Move 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 ViPR Move 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 ViPR Move 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 ViPR Move. Let your body learn how to move with greater efficiency and integrity.

At the completion of ViPR Move, 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 ViPR Move 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 ViPR Move. Doing your homework stretch, staying hydrated, vary your postures throughout the day (avoid too much sitting) and walking will aid in the recovery process.

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!





ViPR

MOVE