

Welcome to our Seminar!

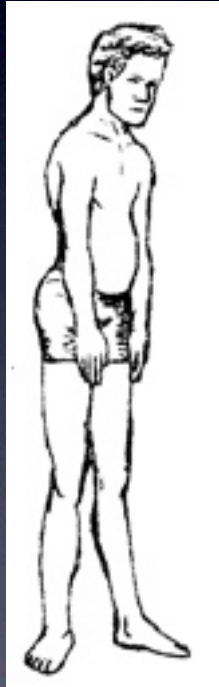
Pain-Free

In the Real World

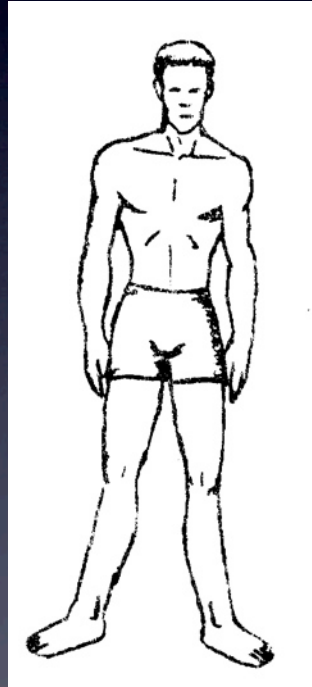
Today's **Agenda**

- **Learn the 5-key facts** about the body's design
- **Assess** your movement by taking part in the 10-step mirror check!
- **Move** your way to better health by learning full-body exercises that can be done in less than 10 minutes each day!

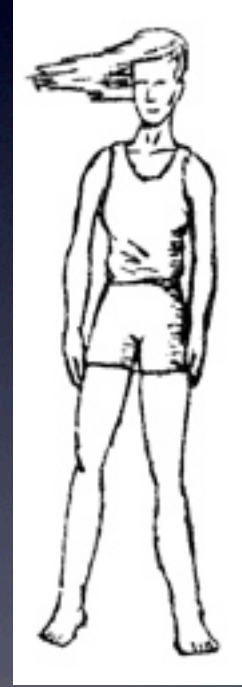
#1 - We were designed to be **symmetrical**



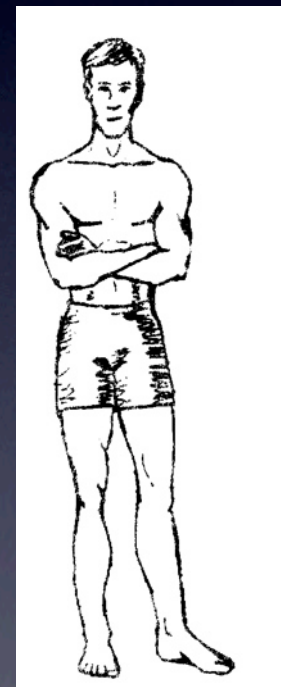
The Sitter



The Duckwalker

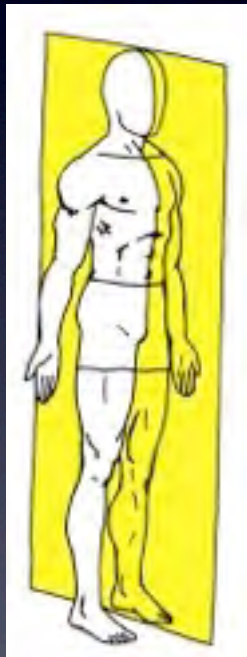


Windswept

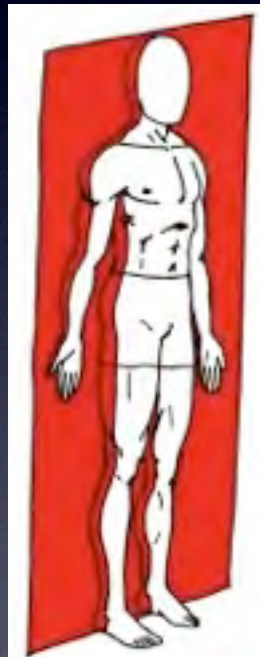


The Leaning Tower

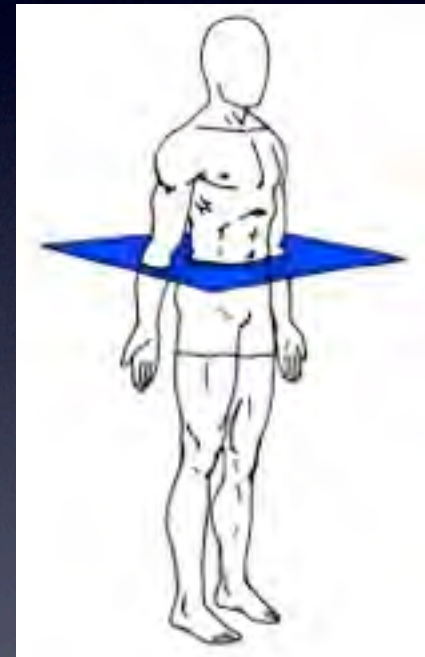
#2 - We were designed to move in **3 planes of motion**



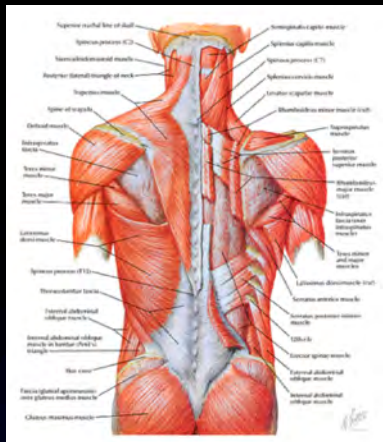
Sagittal



Frontal



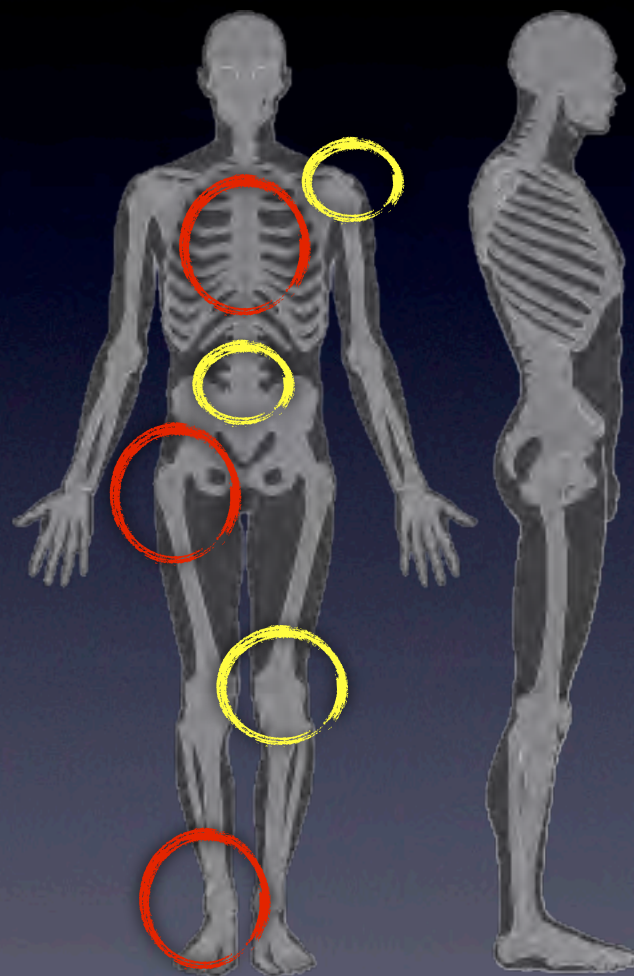
Transverse



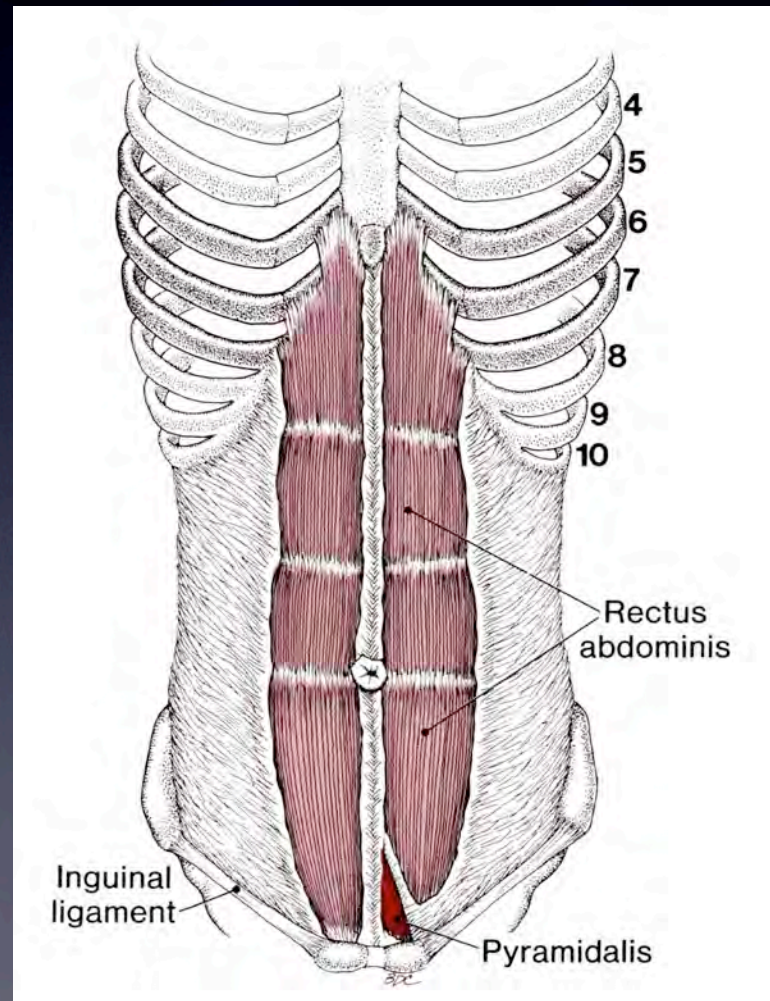
Three key areas of rotation

Force follows the path of least resistance

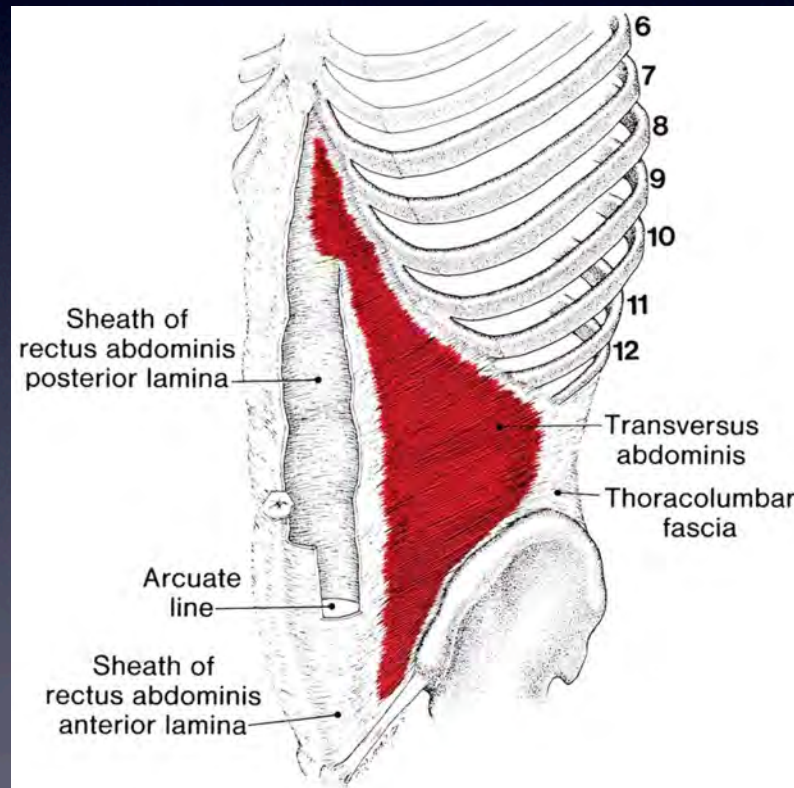
Common areas of injury



#3 - Muscles only learn the lessons we teach



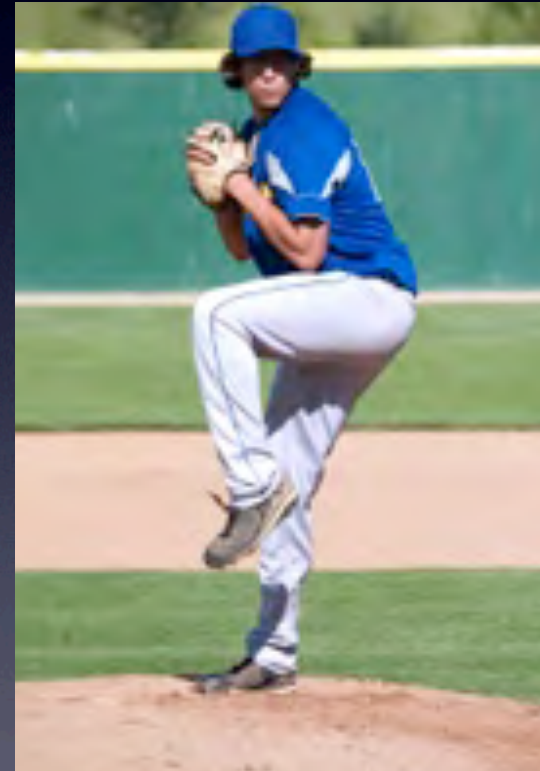
#3 - Muscles only learn the lessons we teach



#4 - Pain is **not** inevitable



#5 - It's all about the BUTT (Well...most of the time.)



MoveWell
The Pain-Free Corporate Solution

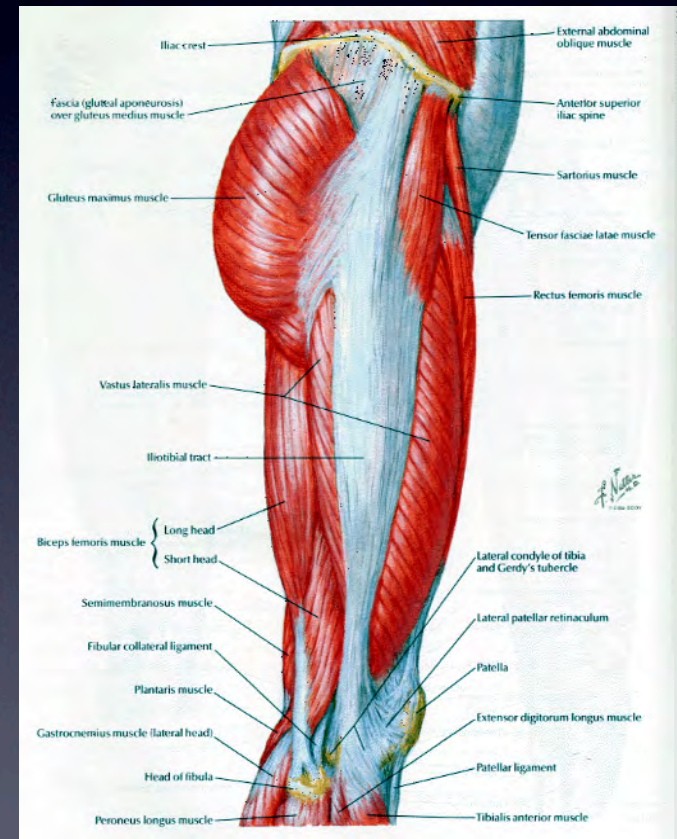
Thursday, October 25, 12

#5 - It's all about the BUTT

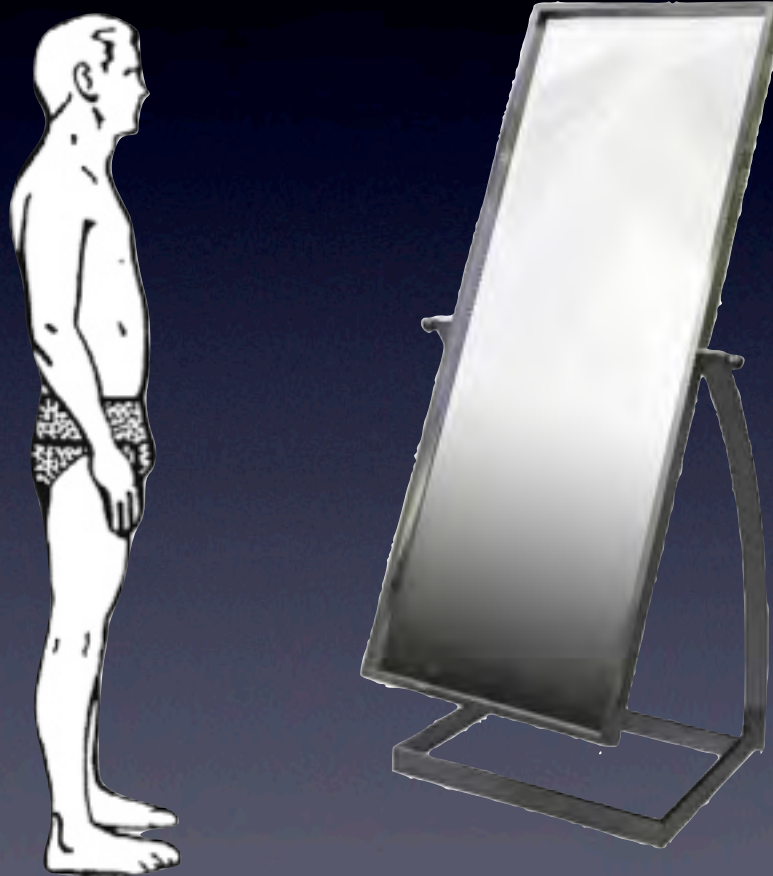
(Well...most of the time.)

Things that will shut off a “butt”:

- Previous ankle/knee/hip injury or surgery
- Chronic back pain
- Asymmetrical rotation
- Tight hip flexors
- Weak “core” muscles



Take the **Mirror Test**



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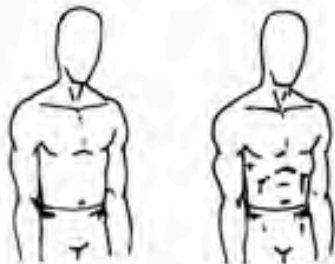
Thursday, October 25, 12

The Daily Dozen (A Real World Solution)

- **Does not require any equipment**
- **Can be done at home with minimal space**
- **Trains the body to move in three planes of motion**
- **Takes less than 30 minutes**
- **Gets rid of pain!**

MoveWell™ DAILY DOZEN

1



Abdominal Corset

While in a sitting or standing position, draw your stomach in by tightening in your stomach muscles. Attempt to draw your waist away from your waist band all the way around. If you are doing this right, you should feel taller - and be able to breathe. Hold for a count of 10. Repeat 5 times.

2



Gravity Drop

Stand with balls of feet on a 3" high block with feet shoulder width apart, toes straight ahead and heels on the floor. Stick your chest out. Feel the stretch in the back of your legs. Hold this position for 30 seconds. Repeat 3 times.

3



Alternating Overhead Press

Hold both hands at shoulder height, palms facing forward. Transfer all of your weight to the right and reach for the ceiling with the right hand. "Unglue" your left heel from the floor. Repeat movement to the left. Repeat 10-12 times on each side for 2 sets.

4



Warrior II

Stand with your feet wider than shoulder width apart and toes pointed straight ahead. Turn your R foot to the R and lower your pelvis to the floor by bending the R knee until your thigh is parallel to the floor. Press your feet apart as if you are trying to split the floor. Gaze over your R middle finger and take 5 deep breaths.

5



Chair Squat

Stand 6"-12" in front of a chair with your feet shoulder width apart and your toes pointing straight. Sit your butt back to the chair like you are going to sit on it. Lower yourself only until your buttocks touch the seat, then return to the standing position. Your knees should stay lined up over your ankles as you sit back. Perform 3 sets of 10-12 repetitions.

6



Prone Isometric

Lie on your stomach, with toes on the floor and propped on your forearms. Draw your belly button towards your spine, and lift your belly off the floor. Your body should be straight as a plank. Maintain this position for 1 minute. Repeat 3 times.

7



Backstroke

Stand with feet shoulder width apart, toes straight ahead, knees unlocked. Circle your right arm back like you are swimming the back stroke. Keep your eyes focused forward. You should see your left shoulder come under your chin. Repeat with your left arm. Repeat 3 sets of 12 repetitions.

8



STEMs

Sit to the front of your chair with your back straight and chest up tall. Lightly cross your arms in front by grabbing the opposite elbow (like a genie). Do the following 6x each:
Lift your arms over your head and then lower them down.
Lift your arms over your head and bend from side to side.
Lift your arms over our head and turn right and left.

9



Sidelying Thoracic Rotation

Lying on your right side, bend your hips and knees to 90°. Place right hand on top of left leg to prevent your thighs from separating or sliding apart. Rotate your chest towards the ceiling while attempting to allow the left shoulder blade to come down to the floor. Inhale and exhale deeply. Hold for one minute. Repeat lying on left side.

10



Downward Dog

Assume a four-point position. With shoulders over hands and back straight curl the toes under while lifting the hips up and back as you straighten the legs. Breathe in the pose while allowing your head to hang in a relaxed position and attempting to bring the heels to the floor. Hold for 30 seconds before returning to hands and knees. Repeat 3 times.

11



Triangle

Stand with your feet 3-4' apart, toes pointed straight ahead. Arms out to a "T". Keeping your belly facing forward, inhale and turn your R foot to the R. Exhale and bring your R hand towards the R big toe while the L hand points up towards the ceiling. Inhale and look up towards the ceiling. Take 5 deep breaths in this position. Return to the upright position. Repeat to the L side.

12



Revolving Triangle

Stand with your feet 3-4' apart, toes straight ahead, arms out to a "T". Turn your R foot to the R, turn your L foot to the R and square your pelvis to the front. Inhale your L arm towards the ceiling. Exhale as you reach for the R foot with your L hand and the R arm reaches towards the ceiling. Inhale and look towards your R hand. Take 5 deep breaths. Return to the starting position. Repeat to the other side.

MoveWell **Everyday** (Stations)

energize your life!



THE **GRAVITY DROP**

A MOVEWELL MINUTE SPONSORED BY EYL

Toes straight

Heels down

Chest up

Hold 1-minute



DID YOU KNOW?

By stretching the calves daily, you can get rid of back pain and strengthen your butt. Because, remember... it's almost always about the BUTT!

* Listen to your body. Stop if it hurts.

Questions?

Contact your EYL Specialist
Nick Batanian at 313.235.8634 or Kristen Clayton at 313.235.4780

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THE **HEEL-TOE WALK**

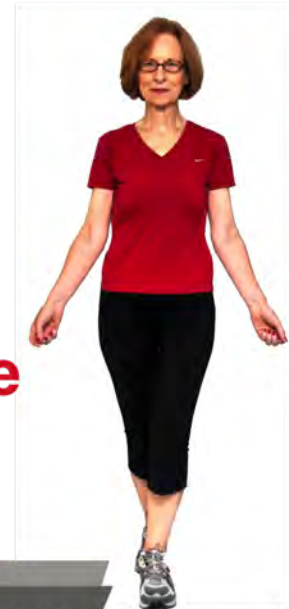
A MOVEWELL MINUTE SPONSORED BY EYL

Toes straight

Heel-to-toe

Walk the line

Take your time



DID YOU KNOW?

Poor balance is often due to tightness in your hips and ankles. In fact, being able to cross step is one of the best ways to prevent from falling. SLOWLY walking on a line once a day will loosen up your hips and ankles and help make you safer in the real world. So, walk the line and take your time!

* Listen to your body. Stop if it hurts.

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MoveWell Everyday (Posters)

energize your life!

MoveWellMemo

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DID YOU KNOW?
One of the best ways to flatten your stomach and have a healthy back is to stand up tall and suck in your gut just a little - like you're getting your picture taken. This exercise strengthens the abdominal muscle that creates a waistline and stabilizes the spine. Do this when you walk and every step will be a tummy tightener!

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MoveWell[®]
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MoveWell Everyday (Emails)

COMPOSE MASS EMAIL

RECIPIENTS

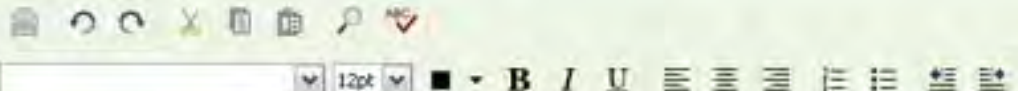
Note: Mass emails are placed into a queue and may not be delivered immediately. Furthermore, recipients will only see the email addressed to them and not the entire mailing list.

To:

Subject:

Attachments:

The maximum size for all attachments is 5MB



Good Morning!

We wanted to thank you for attending and participating in the **MoveWell 5' Screening** assessment on September 26th. It was a pleasure to meet you and hopefully you enjoyed the pre-screening talk.

If you have been doing your exercises, you should be feeling some difference by now. If you have questions regarding the exercise, please contact your EYL representatives.

Stay tuned for more e-mails with exercise tips and suggestions.

Include signature

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Quote of the Day...

*“The design of the human body is so complete, so complex in its interrelationships, so prepared for its world of motion that it allows for its function to be very **simple**. Foolproof, really.*

And it’s a good thing.

We don’t have the brain power to consciously oversee incredibly intricate processes like digestion and respiration and locomotion. All we have to do is move and keep on moving till we die. Along the way, poetry gets written and pyramids are built.” —Pete Egoscue, Health Through Motion