



## *Daily Moves Frequently Asked Questions*

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**Thank you for participating in the Movement for Life® Daily Moves! We are looking forward to meeting with you...**

For your session, please wear or bring comfortable, loose fitting clothing that you are comfortable moving in and that will allow us to move freely as needed. Exercise wear such as shorts, sweats and a t-shirt are recommended.

### **What are “Daily Moves”?**

Daily updated movement program including functional movements involved in core activities of daily living such as squatting, lifting, carrying, balancing and walking.

### **What is the general goal for the “Daily Moves” exercise program?**

Facilitate you maintaining and improving YOUR functional movements for whatever YOUR activities of daily living may include.

### **Where can I begin participating in the “Daily Moves”?**

Movement for Life® Facility ~ Athlon Health & Fitness ~ San Luis Sports Therapy, Paso location.

### **How do I begin participating in the “Daily Moves”?**

**On site “Daily Moves” Station:** 1. Complete a gym waiver  
2. Schedule for a Quick Fit Screening

Movement for Life® Practitioners are available for guidance. Please do not hesitate to ask for assistance. or log on to [www.movementforlife.com](http://www.movementforlife.com) (Video instruction provided)

### **Who can participate in the “Daily Moves”?**

Anyone, however, you are highly encouraged to receive a complimentary Quick Fit Screen at our Movement for Life® Facility ~ Athlon Health & Fitness ~ San Luis Sports Therapy ~ Paso Robles, CA.

### **How long will my “Daily Moves” exercise session take?**

15-20 minutes

### **How much does the “Daily Moves” program cost?**

Complimentary service provided to the general public to encourage general health and wellness, as well as, *Movement for Life®* !!