

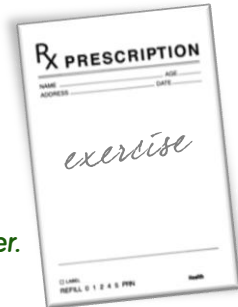
# What if there was a pill that could make you:

- happier
- less stressed
- feel less isolated
- sleep better
- more self-confident
- feel better physically
- fall sick less

## with no negative side effects?

And what if you didn't have to wait for it to "kick" in – you could feel better after the very first dose? And what if you just kept feeling better and better over time?

Besides medication, your doctor may have prescribed this pill for you.



*That's because research is starting to prove that it's a great way to get feeling better.*

Maybe part of you is saying "yes" to your new prescription for exercise, yet another part is – loudly – protesting "no!"

That's perfectly normal! You see, depression's like that – remember all those little nibbles? Lots of them were taken from your interest in activity.

Your mood. Your perspective. Your motivation.

This is where the "not doing it alone" part comes in...



## About Move Groove Wellness

Joanne came up with the idea of Move Groove Wellness in the middle of a great transformation in her life. Her 23-year marital relationship had ended, she was grappling with watching her father die from cancer, and – at the same time – she lost her ability to continue in her former career.

Joanne set about enhancing her life and her relationships, in part, through drastic changes in her lifestyle. She made and accomplished fitness goals and worked on her nutrition and her mental outlook. Along the way, she learned to be in the present moment, without lamenting the past or worrying about the future.

Encouraged by her own success, Joanne researched the effects of exercise and found many articles confirming the power of exercise to reduce stress and symptoms of depression and anxiety. From her desire to share some of her success with others, she founded Move Groove Wellness. In realizing that her own greatest struggle had been motivation, she set out to create a service to allow others to share in her success in spite of any obstacles they may face.

Visit [www.movegroovetoimprove.com](http://www.movegroovetoimprove.com) to find out how you can start to get your best self back, and have fun in the process!

Email us at [joanne@movegroovetoimprove.com](mailto:joanne@movegroovetoimprove.com) or give us a call at 778-235-2775.



**MoveGrooveToImprove**



## If your mood's got the best of you . . .

## you CAN get it back!

Depression. Anxiety. They've got a way of sneaking into your life when you're not looking, and kind of eating away at the corners.

A nibble here, a nibble there, nothing you can really put your finger on. But then, one morning you wake up, and your life doesn't even feel like your life anymore. And, somehow, your best self got buried along the way.

*All of a sudden, it's not something just for "other people".*

If you're reading this, chances are your doctor has recently given you the diagnosis of depression and/or anxiety, and – believe it or not – *that's a good thing!*

Good, because now that you know, *you can do something about it.* You don't have to be at the mercy of it anymore. You can get your life back.

And you don't have to do it alone.

# Move Groove Wellness is here to help!

*Move Groove Wellness was designed to help people like you to find the motivation to get the cardio exercise you need to feel better about yourself, your relationships, your life!*

## You have

## Move Groove has

## You get

A desire to take control of your emotional health using exercise

A personal coach who is committed to your success

The support that you need to get a wellness regime firmly in place

Low motivation to get to the gym or get outside

Service to your door

Convenience of not having to travel anywhere

Unique needs

Individualized approach

A program specifically tailored to your needs

Problems getting really interested in anything

A variety of fun activities to choose from

Lots of choice – pick one activity or several – whatever is right for you

A need to see improvement

Continuous progress evaluation

Clarity and recognition about your progress from an outside perspective

## We are committed to long term change

Move Groove Wellness knows that change takes time. We've structured our program to make sure that it happens. Here's how it works:

For a single fee, you will:

- Be provided with a coach who will help you choose from a list of activities for you to do together 3 times a week for a month (M, W, F or Tu, Th, Sa).
- Complete progress logs every week to track your progress.
- Have the option of continuing to complete those logs well after the end of your contract period (for as long as you wish).
- Receive your very own Move Groove Wellness technical shirt.
- Be encouraged to bring one friend (at no extra cost) to participate in your chosen activities with you, setting you up with a partner to continue past the contract period.
- Continue to receive encouragement, as needed, through brief, once a week telephone calls for up to 3 months past the end of your contract.