



motion  
evolution



# Prime Motions

Based on the premise that people are made to move, Motion Evolution integrates physical literacy, nutrition education, brain-body science, personal best and play, making the program a complete wellness package.

Just as we teach children the A-B-C's as the building blocks for reading, Motion Evolution teaches the foundations of movement (tossing, jumping, kicking, inversions, balance, etc.), giving children a greater fitness level and increased confidence.

Motion Evolution® is flexible and adaptable to accommodate the vast differences in children and is perfect for public and private schools, home school organizations and sports teams of all types.

There are no physical prerequisites to get started. Classes are 45-55 minutes each week. This affordable blend of cardio, core, strength and mobility over a wide range of motor skills is not only physically sound, it's FUN for children!

With no emphasis on comparisons or competition, children move on to the next level at their own personal pace! Since the Prime Motions program is based on the essential movements that are fundamental to all physical activities, it is also perfect for those who are involved in other athletic endeavors.

**Physical literacy:** Just as we teach children the A-B-C's as the building blocks for reading, Motion Evolution teaches the foundations of movement (tossing, jumping, kicking, inversions, balance, etc.) as lifetime skills.

**Mind body connections:** Exercise activates the brain, which results in people who are sharper, more attentive, less impulsive, and less fidgety. They can sustain their attention longer, and it promotes their ability to take in and sort through information faster.

**Personal best:** Based on only personal best of each child (as opposed to the competition model), the Motion Evolution program encourages healthy mental and emotional standards.

**Nutritional education:** The program integrates and informs children about what, why, when and how to eat. This is essentially a nutritional literacy system!

**Movement through play and teamwork:** FUN is the way children learn! The Motion Evolution program utilizes games that develop a wide array of qualities, including spatial awareness, memory, social skills, self control, leadership, listening, and more.

