



frequently asked questions.

What is Move Better – Move More® Life Performance? Move Better - Move More® is a mindful movement-based approach to musculoskeletal care, management, prevention, and lifelong movement longevity. Through a medical-grade movement appraisal, active movement practice, and the use of an intelligent framework of Movement Advancement Pathways®, we optimally align the mind with movement to maximize movement efficiency and effectiveness. It is our goal for you to own your movement, to optimize your movement, and to keep moving toward something. Why? Because how you move matters.

How do I sign up? We are rolling out Move Better - Move More® Life Performance initially with a small group of early movement adopters, and that includes you. Due to space limitations, we will take the first 15 people who e-mail us at join@mb-mm.com to confirm their interest. If you are not one of the first 15 people to e-mail us, we will invite you to participate with our next available group of mindful movers.

How do I get started? You will receive an e-mail from Everfit with a link to download our app from the App Store or Google Play. Within the app, you will then:

- create an account
- schedule your initial movement assessment with Justin
- answer some general intake questions
- begin working on your first assigned pathway: Start Here, Breathe Here

What can I expect at the first visit? Your movement health journey starts with a comprehensive movement health assessment. Using our cutting-edge technology platform, DARI Motion, you will be asked to perform a series of movements while we record your movement profile. A Move Better – Move More® specialist will then interpret your results and provide you with an individualized plan to optimize your movement health. Your first visit will last approximately 20 minutes.

What should I wear to the first visit? You should wear clothing that you are comfortable moving in – yoga pants, sweatpants, shorts, or any workout pants and top that allow you to move freely.

Where do I go? The Move Better – Move More® Life Performance center is located in the IU13 physical therapy clinic, operated by Tx:Team, within the Burle Business Park at 1044 New Holland Avenue, Lancaster, PA 17601.

What can I expect from Move Better – Move More® Life Performance? You will experience an enhanced awareness of available movement options, a better understanding of how your body moves, increased confidence, and improved resiliency, durability, strength, stability, and life performance. Why wouldn't you want to move better? Why wouldn't you want to move more?