

FOR IMMEDIATE RELEASE:

Revitalize your Well-Being & Walk Tall!
Visit the **Movement Intelligence** Booth #2646
to learn about **Bones for Life**[®]
Sat. & Sun. January 14–15, 2012
at the NBC4 Health and Fitness Expo
Washington, D.C. Convention Center, 9 AM – 5 PM



Who: Bones for Life[®] Trainers and Teachers will offer FREE demonstrations of the power and practicality of this work, and offer FREE instruction for anyone interested in experiencing the profound effects of the Bones for Life[®] program

What: Bones for Life[®] is a finely-tuned fitness program designed to improve posture and coordination, fortify your skeleton, and cultivate joy in moving

Why: This free event will offer people of all ages practical ways to assess and improve their postural alignment and overall fitness level — in a matter of minutes — and experience the innate pleasure of well-integrated movement. When you walk or run with the optimal posture taught by Bones for Life[®] the springy impact from your stepping foot transmits evenly throughout your entire frame, all the way from the ground to the top of your head. In so doing, your bones benefit with each step you take, becoming healthier as you lengthen, strengthen, and revitalize your entire self.

(See next page for more information)

When: Saturday and Sunday, January 14–15, 9 AM – 5 PM

Where: Walter E. Washington Convention Center
Mount Vernon Square, Washington DC

Contact: Chrish Kresge
email: Chrish@chrishkresge.com
202-431-1309



Bones for Life[®] . . . *Because there's no Pill for Posture!*

Sponsored by
Foundation for Movement Intelligence
145 Newbury St., Portland, ME 04101
www.movementintelligence.org
www.bonesforlife.com

Ruthy Alon, creator of Bones for Life[®] *jumping in a “Bones Wrap” — a 7-meter cloth that secures alignment and protects joints while engaging in dynamic bone-building activity*



... Because there's no Pill for Posture!

Regain Height, Perfect your Posture, Refine your Walk

Maintaining your physical fitness need not be drudgery —
Bones for Life's concise, precise, non-strenuous
ergonomic processes are fun for all ages!

The *Bones for Life* program's safe, gentle mini-exercises gradually build your bones as they increase stamina and energy, hone your skeletal alignment, boost your self-confidence and lift your spirits.

These ergonomic fitness processes are useful for progressive bone strengthening and fall prevention, as well as for improving and maintaining your overall health and vitality.

Their seemingly magical effects on your posture, mood and mobility are felt immediately, and are easy to recreate in a few minutes or less, at home or on the go, and put right to use.

After gaining more familiarity with the 90 processes comprising this biologically based, anatomically precise program you may discover lasting relief and resolution from long-standing aches and pains due to chronically misaligned joints and counterproductive patterns of misuse and mal-coordination.

Until this program's healthful habits become second nature to you, its streamlined set of gentle body reminders and postural cues are easy to recall and recreate on your own, empowering you to resourcefully restore your equilibrium and well-being anywhere, any time, in as little as a minute or two.

Bones for Life helps make all your daily activities more efficient, as well as more pleasurable

Learn to calibrate and coordinate your body in ways it was meant to move, in any sphere of physical endeavor: from sports, to performing arts, to all the activities of daily life. Discover better ways to walk, jump, run . . . sit, reach, climb . . . lift weights, ascend and descend stairs . . . and even pick things up from the floor.

No activity is too small, nor too large, that it can't be improved by restoring optimal balance and flow — reconditioning all your body parts to have a more harmonious relationship with each other, and a more balanced relationship with gravity.

In sum, *Bones for Life's* safe, gentle, healthful processes take only a few minutes, are enjoyable to do, alone or in groups, and are easy to learn, remember and practice.

Come join the fun, and find out for yourself what it's all about!

P.S. As a special bonus, this weekend's NBC4 HealthExpo presentation will also contain some new "preview" processes from Ruthy Alon's latest offering: "Walk for Life."

