

Motion matters



Kids – naturally built to move

Let's get started in a positive direction. It's all in the approach. Using comprehensive research, the creators of Motion Evolution have developed a system geared to inspire kids to conquer their inner slug and discover a fresh sense of physical accomplishment. Conversations supporting useful nutrition strategy and the importance of healthy choices are built into each activity.

Why Mo-Ev? Why Now?

We can all agree that childhood obesity is an epidemic. Successfully overcoming this challenge requires commitment and an extensive, well-designed program. Motion Evolution's creators have years of collective experience and have developed the most detailed and complete children's fitness program ever assembled.

The Motion Evolution approach promises to transform kids' feelings about fitness choices now so they can enjoy a healthy life in the future. Directed by a innovative group of experts in childhood fitness, nutrition, and psychology, MoEv takes movement in a whole new direction.

**motion
evolution**



Team up with a Motion Evolution program today!

- Developed by recognized experts in youth fitness, nutrition and psychology
- Integrated learning incorporates choices for mind and body leading to healthy self-care.
- Proof of progress is measured in smiles and individual accomplishment

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