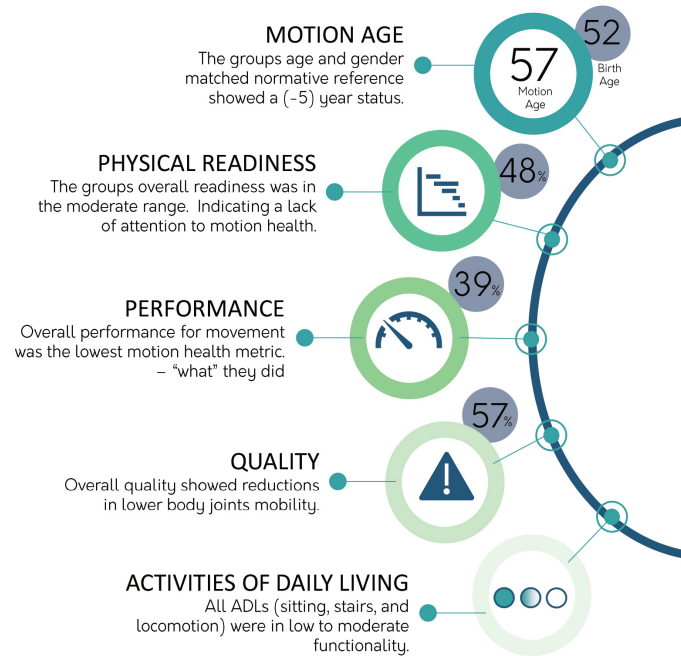




Initial Screen Results



MOTION AGE Movement Education Outcome

32 health individuals were tested using the Motion Age Program provided by DARI Motion. This group completed a pre and post test with only a 7-day movement education program. This program has a focus on objectively improving Activities of Daily Living (ADLs).

After individuals completed their prescreen, their results were reviewed, and a qualified health provider worked to educate the individual on optimal movement solutions. The individual goal was to review and complete the educational program at home twice a day.

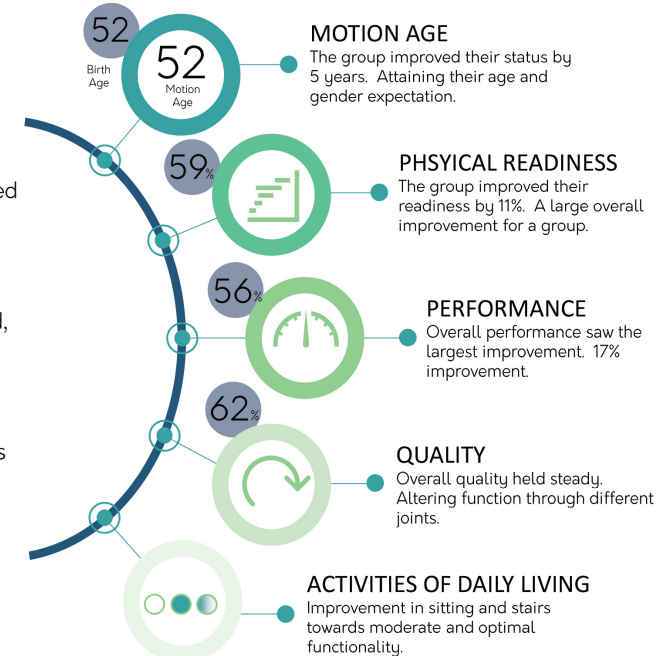
The results show that 87% individuals improved their Motion Age Status and ADLs functionality.

ADL
Movement
Screen

7-Day
Improvement
Plan

Altered
Movement
Programs

Follow Up Screen Results



Healthy individuals that can move without pain can improve their overall motion health quickly.
The key is movement education.

Movement is intentional. Our body is a historical record of our motion health choice.
We are all made of motion.