

# MOVEMENT IN THE WORKPLACE = A HAPPY + HEALTHY BOTTOM LINE



**M**otion Infusion is a revolutionary company that brings motion into the workplace – in a positive and proactive way. Why does that matter? Because movement helps people get healthier, happier, smarter. And that’s good news for your bottom line.

In fact, more movement can lead to increased productivity, higher employee morale, reduced stress, better leadership, and a whole lot of teamwork. That is why Motion Infusion was created - a company that’s dedicated to bringing movement into the workplace.

## What’s the problem?

We sit too much: at our desks, at meetings, on airplanes, in our cars. To make matters worse, we do too many repetitive tasks, like typing, texting, and cradling the phone. This lack of healthy motion is giving us aching backs, stiff knees, numbness and tingling, slow thinking – and shortness of breath. Not exactly the ideal scenario for a productive workplace!

## Time to get moving!

Movement keeps our blood circulating, our muscles tuned, and our brains firing. Studies show that “on the move” companies have decreased healthcare costs, reduced absenteeism, and increased employee productivity and retention.

## More movement – one step at a time.

We create customized programs to specifically meet the needs of your company. Here’s a snapshot of what we offer.

**Step 1: Presentations** – This is the starting point. Through lively seminars, employees learn why movement is so important. With easy-to-use tips as well as before-and-after case studies, our presentations offer a basic overview of the benefits of living a life that’s infused with motion.

**Step 2: Workshops** – This is the next step. Experiential, interactive, and a whole lot of fun, these workshops teach employees how to make movement a daily part of their lifestyles – and, how to translate knowledge into action.

**Step 3: Consulting** – This pulls it all together and offers dramatic results. Through on-site evaluations, targeted instruction and our signature Peer Coaching Program, we help you to bring about long-lasting and systemic change to get your company “in motion.”

## Make your move.

Want to find out more? Give us a call at 415-310-5505 or visit [motioninfusion.com](http://motioninfusion.com) to set up a free consultation.

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