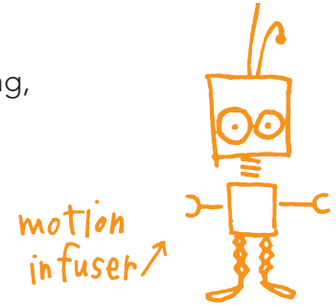
motion infusion

go

Motion Infusion is a revolutionary company that brings motion into the workplace.

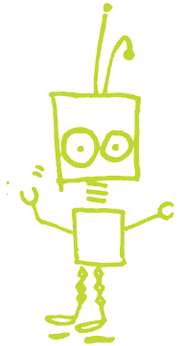
Why does that matter?

Movement in the workplace — often an overlooked wellness solution — can lead to increased productivity, smarter thinking, better leadership, and a whole lot of teamwork.

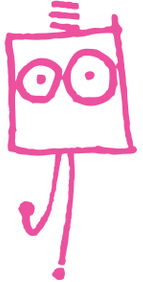


Let's move.

TIP
1



Say hi to your co-worker
in person. Walk across
the hall. Up some flights.
Or down the street.
You'll be glad you did. So will they.



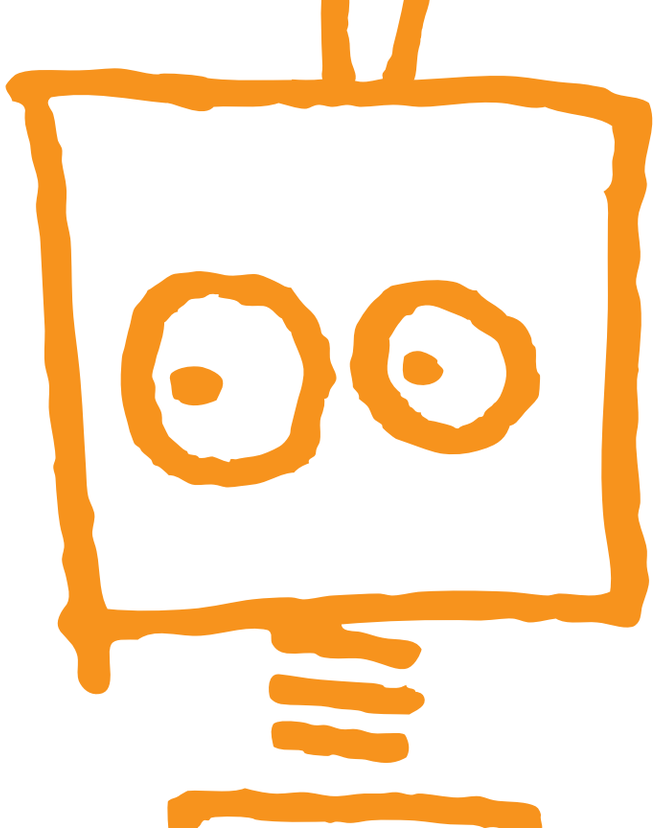
We sit all the time.

We sit 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, even shortness of breath. Not exactly the ideal scenario for a productive workplace!

WE SIT TOO MUCH.

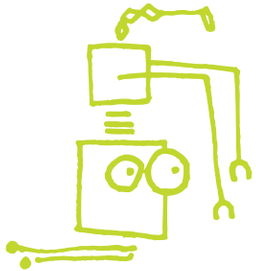
Motion Infuser to the rescue!



Numbers and surveys are boring.

By casting aside the old ways of bringing wellness to the workplace, we've come up with a program that's fun — and ACTUALLY WORKS. Because let's face it, long-winded analyses and scary statistics just aren't inspiring.

Our team of movement enthusiasts and our easy-to-implement services and products will infect your workplace with motion, energy, and camaraderie. Which means healthier employees — and a healthier net profit.



Fun= Change

TIP 2

Tense? Tight?
Clasp your hands behind you. Then stretch up with your hands interlaced. That's called relaxation.

Stuff we offer.

Presentations

The first step is to help employees understand why movement is important. Our lunch n' learns, short conference sessions, and keynote speeches are lively and spirited, and offer a basic overview of the benefits of living a more active life with easy-to-use tips.

Workshops

The second step is bridging the gap between knowing and doing. Our interactive workshop sessions use research-based methods that are fun, engaging, and really work. Your employees will learn how to get out of their chair — and into a healthier way of life.

Consulting

The third step is to create a work environment that gets your whole company in motion. Through our consulting services, we work directly with company leaders and internal wellness coordinators to create long-term movement solutions.

Products

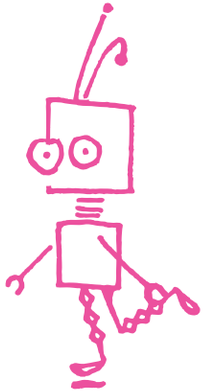
It's the age of do-it-yourself! Our products and packages are a fun and inexpensive way to keep your company on the move. Products include videos, tip cards, and posters that make healthy movement an everyday way of doing business.

TIP 3

Breathe deeply.
Even deeper. Even deeper.
One more little bit.
Now let it out. Wow.
You really needed that.

Want to find out more?

Give us a call at 415-310-5505 or visit motioninfusion.com to set up a free consultation.



Make your move.

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