



Movement for Wellbeing

6 week course

'Move more every day'

For the busy, for the un-sporty, for the uninspired and the tired... an adventure in movement.

This course is for those with good intentions to move more every day, who'd love to explore different creative dance and movement classes and re-set their own healthy movement goals.

It's great for parents trying to find 'me' time; for anyone who has accidentally fallen out of the habit of 'exercising'; or who finds the idea of 'movement' so much more fun than 'working out'.

Prepared for: XXXXXXXXXXXX

Prepared by: Janetta Murrie

20 February 2017

Reference: MoveMore101

EXECUTIVE SUMMARY

Objective

To encourage and inspire an increased level of active movement in populations who may be at risk of not having enough movement in their day. To do this in order to maintain and increase health and wellbeing and to avoid health problems associated with a lack of activity and social connection.

Solution

- To design and deliver a programme of varied movement and dance classes over a six week period (programme to be created with you from the outline below).
- Facilitated discussions and games - To introduce information and discussion about the physical aspects of movement, the benefits of moving and the risks associated with a lack of movement. Also to discuss and explore the wider styles of movement we can put into our day. (All in a fun way).
- To facilitate participants production of their own plan, showing how they can achieve 'more movement every day' in a way that they enjoy and can fit into their lives.
- To provide access to the 'MoveMoreEverydayTakeTen01' - a set of six ten-minute movement routines to fit into busy days.
- To provide access to the 'MoveMoreEverydayThreeMinutes01' - a set of six three-minute fixes to squeeze even more movement into the day.
- Opportunity to connect via social media and newsletter for future MoveMoreEveryday inspiration, information, discussion, workshops and events.

Project Outline

Each workshop will have three sections: a movement based class, a dance or dance-exercise class and a facilitated activity and discussion around movement and health. An example outline is indicated below but can be tailored with you for your intended audience.

The course cost includes all preparation and materials as well as liaising with and organising additional instructors as needed for additional specialisms.

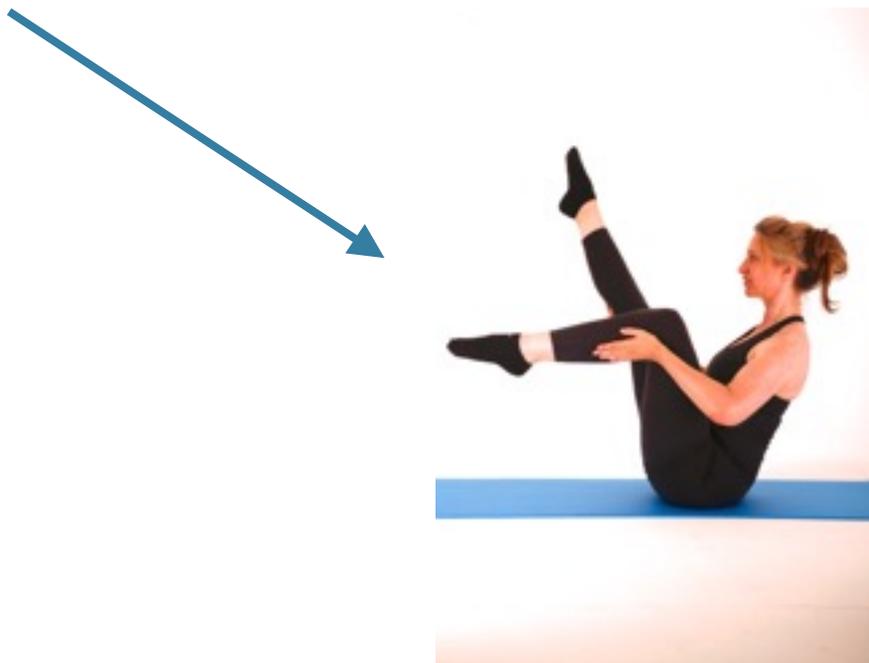
Workshop 1	Pilates Matwork	FitSteps (Ballroom & Latin Dance-fitness)	Movement 101 - exploring the why, where how and what...
Workshop 2	Pilates/Barre	Merengue introduction FitSteps (all Latin special)	Body bits - Bones, muscles and more - strength, flexibility, balance - goals around each.

JANETTAZ - DANCE, FITNESS AND FUN

Workshop 3	Yoga (guest Instructor)	Tomboogie - It's dance-fitness based on the musicals. The founder makes a specific point about it being good for the mind as well as the body.	Mind & body - Physical and mental health connected. Option to speak about mind/body/spirit.
Workshop 4	RockSteps	Modern Jive	Partner dancing, - it's all about connection. History and choices of styles. Formal vs Informal
Workshop 5	Tai Chi (Guest Instructor)	Modern Jive/freestyle	Activity - Create your own routine - share your moves!
Workshop 6	Pilates (small equipment)	CLASS CHOICE (voting buttons choice from previous workshops).	Re-thinking movement goals and habits

In the example outlined above, there would be two guest instructors. Additional choices could include: Zumba, Bokwa, Boxercise, Marshal Arts, circus skills or other movement and dance styles (depending on availability).

Janetta would be at all sessions as a point of continuity for participants and will co-ordinate any guest instructors used in workshops as well as those contributing to the special 'TakeTen' and 'ThreeMinute' sessions.



BUDGET

Movement for Wellbeing - six week course

Development and delivery of 'Move more every day'

Contact me to discuss your budget and your needs and preferences. I will be very pleased to tailor a course for you.

With warm wishes,

Janetta

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Public Liability Insurance covered by: **Exercise Move Dance** - For Pilates, dance-exercise and social/community dance. Certificate available.
