

# #WonkyBodies 30-day Challenge



PostureFit #Wonkybodies 30 Day Challenge is a short program to help people address restrictions and imbalances in their own bodies. During the 30 days people will be led through a program of awareness and habit. The program addresses the imbalances which can lead to pain and discomfort in muscles and joints or even hold back the more competitive client from reaching optimum performance.

Treatment is movement based on and utilises the work of Gary Wards "Flow Motion Model" discussed in his book What The Foot <http://www.whatthefoot.co.uk/>

You may have seen Gary's work presented on the BBCs Dr In The House program when he worked with a guy who suffered 25 years of back pain. Here is a short clip of that episode. [CLICK](#)

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- This program is ideal for anyone interested in addressing niggling injury anywhere in the body from head to toe or people trying to enhance performance.
- This program is a series of 8 group workshops running for 30 days.
- The intention is to create habit and awareness in participants.
  - The habit is to engage in simple daily 5-minute exercise routines
  - The awareness to understand how their bodies function on a daily basis....or not
- There will be closed Facebook group for program attendees.
- The program will use the work of Gary Wards Anatomy in Motion "Flow Motion Model" to restore natural movements associated with efficient gait patterns, the human bodies most natural of movements.
- First session is a 1-hour injury history and muscle/joint screening session.
  - This process enables the participants to build a picture of their own physical history and understand how the individual events have layered up the current situation they are suffering.
- Session 2-8 x 30 minutes will include:
  - Body check-in process to identify muscle and joint restrictions on that day
  - Each session will focus on a specific element of body movement to restore alignment, balance and efficiency.
  - Each session finishes with another check-in
  - Homework will be issued after every session – just 5 minutes per day
- Each session will be filmed on Face Book Live so will be available to view at an alternative time to the initial filming.
- Final scheduled timetable to be confirmed
- The closed Facebook group will be open for members to ask questions during their 30day program
- Spaces will be limited
- Follow PostureFit <https://www.facebook.com/PostureFitWizard/>
- Any paid up member to the closed Facebook group will be eligible to receive private 1-2-1 sessions at the end of the challenge without first attending PostureFit initial assessments.

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## We ask all #WonkyBodies group members to:

- Commit to the Challenge – 5-minute bites of body restoration homework every day for 30 days
- Engage in group discussions and ask questions.
- Share experience which you feel may be relevant to your own understanding of your current situation and may help others.
- Be respectful to one another and please do not engage in behaviour which could be regarded as threatening or violent.

## How much does it cost?

There is a sliding scale for the charge of your health investment.

- The first 10 people to enrol are charged just £10 for the 30days
- The second 10 people enrol are charged £20 for the 30days
- The third 10 people to enrol are charged £30 for the 30days
- You will be advised which fee to pay once you enrol

**Less than  
£1 per day**

## How do I sign up?

- Complete the enrolment document and return this to [hello@posturefit.co.uk](mailto:hello@posturefit.co.uk)
- By return email PostureFit will advise which enrolment free you will be charged
- Your enrolment position will be held for 48 hours from PostureFit email being returned to you, for you to make payment.
- After 48 hours your enrolment position will be lost and you will have to start again, which may mean your enrolment fee may change.
- Payment is by bank transfer to:
  - Posturefit Ltd
  - Santander bank
  - Sort code 09-01-29
  - Account 17964625
  - Reference is "Wonkybodies"
  - Please advise PostureFit by email when you have made your payment
- Inform PostureFit of your Facebook account name and once payment has been received you will be invited/accepted into the closed #WonkyBodies Facebook group
- You can then start engaging with other members

We really look forward to you joining us on the 30day Challenge.

Stay Safe

Darren