

START
of your day

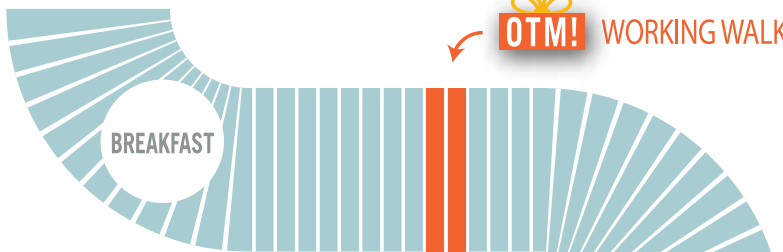


IT'S YOUR MOVE!™

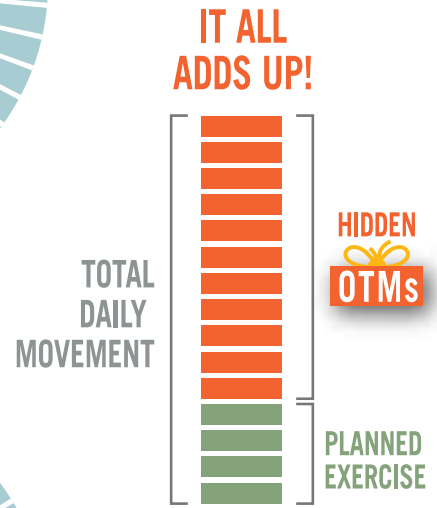
GIVE YOURSELF THE GIFT OF MOVEMENT:
DISCOVER THE HIDDEN

OPPORTUNITIES TO MOVE ("OTMs") IN YOUR DAY...

WAKE UP

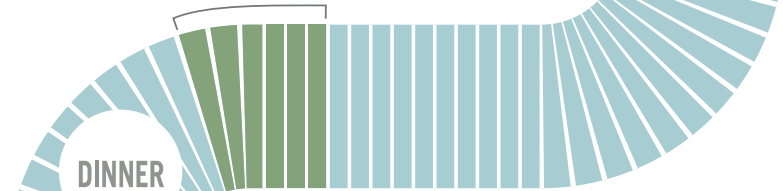


OTM! TAKE THE "LONG CUT"



PLANNED EXERCISE SESSION

OTM! BOOGIE BREAK



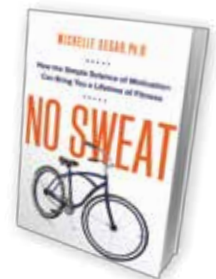
OTM! FAMILY FUN



OTM! CLEANING CALISTHENICS

BEDTIME

As seen in...



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