

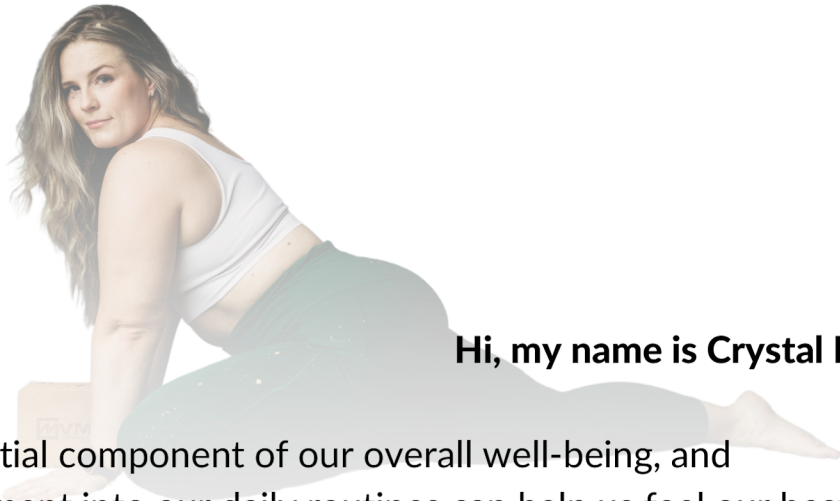


Research

MVMNT PROGRAMMING

Daily MVMNT Intentions & Calendar

MEET YOUR COACH *Crystal*



Hi, my name is Crystal Derry.

Self-care is an essential component of our overall well-being, and incorporating movement into our daily routines can help us feel our best. As someone who has experienced the challenges of being neurodivergent and finding self-care practices that work for me, I understand how difficult it can be to navigate mainstream strategies that may not be tailored to our specific needs. That's why I have taken the time to find my own path toward self-care and regulation, and I am learning to embrace my differences. By adopting these practices, you too can improve your overall quality of life and feel more equipped to handle the stresses of everyday life. So let's be patient with ourselves and embrace the power of self-care.

B.Sc.kin, Mind & Body Expert,
Olympic Weightlifting Coach/Athlete,
CSEP Certified Personal Trainer with 15 years of experience,
Creator/Founder of "Mobility MVMNT" Online programming,
SFG Kettlebell Instructor,
FRC Mobility Specialist,
Flexible Steel Instructor,
Yoga Instructor (RYT 200 hr).
Registered Therapeutic Counselor,
Creator/Founder of the "Restoring the Nervous System" Educational Course.

MVMNT PROGRAM

Setting Intentions

Welcome to the Daily MVMNT program for March!

My name is Crystal, and I'm excited to share with you this month's programming. Our focus this month is on improving your overall well-being through the power of breath and movement.

Introducing Progressive Box Breathing:

At the start of each week, we'll begin with a 5-minute box breathing exercise. Our program is designed to gradually increase your box breath duration from a 2-second to a 5-second box breath practice over the month of March. We prioritize your comfort and ease while practicing box breathing, so if at any point, you feel discomfort, tension, or anxiety, we encourage you to return to the previous week's video and work at a pace that feels comfortable for you. With regular practice and patience, you'll deepen your relaxation and focus.

Breathing is Key to Self-Care and Flexibility:

Breathing is an essential aspect of self-care, regulating your body, and increasing your range of motion, mobility, and flexibility. That's why we've dedicated a 5-minute video to breathing exercises each week. Along with breathing, we'll be incorporating active mobility work and restorative relaxation routines. This month, we'll focus on increasing your rotational capacity in the upper back, opening and activating the hips, and taking care of the neck and feet, which can often get forgotten.

MVMNT PROGRAM

Setting Intentions

Progressive Routines Each Week:

Over the course of the month, our routines will progress, building on the previous week's exercises:

Week One: We'll start with a 2-second box breathing practice for 5 minutes, combined with chest, shoulder, and lower back mobility routines. Our focus is on establishing a solid breathing foundation and building a strong spine.

Week Two: We'll advance to a 3-second box breathing practice for 5 minutes, working deeper into the active shoulder and hip mobility. Additionally, we've included amazing relaxing routines to help you unwind.

Week Three: We'll continue our box breathing progression with a 4-second box, building on our breathing and spine mobility foundation to challenge our shoulders and hips into a new range of motion.

Week Four: We'll wrap up the month with a final progression of box breathing, this time with a 5-second box. We'll challenge your overhead shoulder mobility with an active routine and a challenging hip routine that's excellent for lower back health.

This month's program promises to be an exciting journey of self-care and self-discovery. We hope you enjoy delving deeper into breathing mechanics and caring for your upper and lower back.

DAILY MVMNT PROGRAM

MONTH:

MON	TUES	WED	THU	FRI	SAT	SUN
DEADLIFT PREP CONGRUENT	CHEST & SHOULDERS MAGIC	HIP & LOW BACK FLOW RECURVE	CROSSFIT WARM UP CRONUS	DEEP RELAXATION DOLL	SORE HIP RELIEF HEARTS	SHOULDER & HIP MELT CERNACH
FULL BODY FLOW WICK	SHOULDER & SPINE COMPOUND	SQUAT RECOVERY LUNA	ACTIVE HIP FULL BODY ENERGIZE LEANING	DEEP RELAXATION YODA	FULL BODY RELEASE CLUBS	DEEP HIP STRETCH CHILL
LIFTERS PREP EXPLOSIVE	ACTIVE SHOULDER T-SPINE & CHEST	QUAD RELEASE KERN	SHOULDER STABILITY CASCADE	LOW BACK RELIEF MELLOW	ACTIVE HIP FLEXOR DIAMONDS	SHOULDER RELIEF ARTEMIS
SHOULDER STABILITY HALO	FRONT RACK STRETCH CONDOR	LOW BACK RELIEF OENEUS	OVERHEAD SHOULDERS VERNON	TWISTS & HIPS WORTHY	HIP DEEP DIVE JUNO	NECK & SHOULDERS FIGURE

BREATH WORK

WEEK 1	WEEK 2	WEEK 3	WEEK 4
2 SEC BOX BREATHING 1	3 SEC BOX BREATHING 1	4 SEC BOX BREATHING 1	5 SEC BOX BREATHING 1

CELEBRATING

This worksheet is intended to identify how you will regularly celebrate yourself.

Self-Compassion = Honesty with Kindness

Acknowledging and celebrating small wins in your life, training, and competing can motivate, inspire, and relieve stress.

It's easy to celebrate the big wins, but there can often be long periods of time between them. Big goals don't happen overnight, it takes many small steps along the way to reach the milestone. If you don't take the time to appreciate the small achievements, it could have a negative impact on motivation, attitude, and productivity.

Celebrating small wins triggers feelings of pride and happiness. This helps us to keep working towards the next small steps, and eventually the overall goal.

It's time to celebrate you.

HOW TO *Celebrate*

Your celebration doesn't need to be big or expensive, but it should be significant and rare enough that you look forward to the reward. It can be small and simple practices that motivate you to keep working towards your goals.

To celebrate you could:

- Share a small win for the week with your team or coach
- Do something special for yourself
- Buy something you usually wouldn't
- Have a sleep in
- Write a thank you note to those who helped you
- Book a massage or body treatment

Make sure you acknowledge the people who helped you to achieve the wins. Include them in your celebrations to thank them for their efforts and contribution. Letting your team know you appreciate their work and showing them the impact it has on you can increase create a felt sense of safety and cohesiveness.

Creating an environment of acknowledging the small wins and redefining success, can actually be quite healing for our younger selves that maybe never felt good enough. Think about incorporating your younger self into the celebration because they deserve it!

FAQS

WHERE DO I FIND THE PROGRAMMING?

The Daily MVMNT Programming can be found in the MVMNT App or website members library under the category "DAILY MVMNT PROGRAM".

HOW DO I KNOW IF I AM PROGRESSING?

Remember, progress is not always linear, and it's normal to have ups and downs. The important thing is to stay consistent with your training and pay attention to how your body is responding. Pay attention to how you feel: Your body is the best indicator of your progress. Pay attention to how you feel before and after your routines, workday, workouts, etc. Do you feel more flexible and able to move with ease? Do you feel less sore and stiff? These are all good signs that you are making progress. The best way to track this is in a journal and take before and after photos of any positions you are working on (ie squat depth, overhead mobility)

I DON'T FEEL A DEEP ENOUGH STRETCH - DOES THAT MEAN I AM DOING IT WRONG?

Not necessarily. It's important to remember that everyone's bodies are different, and what may feel like a deep stretch for one person may not be as deep for another. It's also important to consider that your range of motion can vary from day to day based on a variety of factors such as fatigue, stress, and muscle soreness.

I FEEL SORE AFTER SOME ROUTINES - IS THAT A BAD THING?

Not necessarily. Soreness, or muscle fatigue, is a normal response to exercise and can be a sign that your muscles are adapting to the new demands being placed on them. However, it's important to listen to your body and not push yourself too hard if you are feeling overly sore or uncomfortable.

CAN I DOWNLOAD THE VIDEOS TO VIEW OFFLINE?

Yes, you can download the video to view offline through the MVMNT App.

FAQS

WHAT EQUIPMENT SHOULD I HAVE?

For the Mobility MVMNT program, you will need a few basic pieces of equipment to get started. These may include:

- A yoga mat or a soft surface to work on
- Comfortable clothing that allows you to move freely
- A foam roller or massage ball to help with self-massage and muscle release
- Resistance bands or a therapy ball to add variety to your routines

While these items are not strictly necessary, they can be helpful in enhancing your mobility training experience. You can also try using household items such as towels, pillows, and blankets to add variety to your routines.

DO I HAVE TO DO EVERY SINGLE VIDEO TO PROGRESS?

It's up to you how you want to structure your workouts with the Mobility MVMNT program. While it can be beneficial to follow the program as it is designed, with a progressive increase in intensity over time, you can also tailor the program to your specific needs and goals.

If you are short on time or feeling particularly sore or tired, it's okay to skip a video or take a break from your workouts. It's important to listen to your body and not push yourself too hard. However, if you are able to do all of the videos, it can be a great way to challenge yourself and see more progress.

Ultimately, the most important thing is to find a balance that works for you and your body. If you have any doubts about whether a particular video is suitable for your fitness level or goals, it's always a good idea to consult with a healthcare professional or fitness professional for guidance.

DISCLAIMER

DISCLAIMERS

The information provided by Mobility MVMNT is for educational and informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your healthcare professional or qualified fitness instructor before starting any new exercise program or making any changes to your current routine.

Please consult your healthcare professional before beginning any exercise program, particularly if you have any underlying health conditions or injuries. Mobility MVMNT is not responsible for any injuries or health problems that may arise as a result of participating in our programs.

By using the Mobility MVMNT program, you acknowledge that you are participating at your own risk and that you are solely responsible for your own health and well-being. If you feel any discomfort or pain while participating in our program, stop immediately and consult with a healthcare professional.

All documents included or exchanged between Mobility MVMNT and the Client are the intellectual property of Mobility MVMNT and are not to be copied, sold, published, posted, or redistributed either in part or in full without my written consent. All violations will be prosecuted to the fullest extent of the law.

Hey! I'm Crystal

I created the MVMNT Membership to address the pain, anxiety, and overwhelm that many people experience as a result of dysregulation. Providing our members with the tools and exercises for a holistic self-care practice allows them to create lifelong results, that stick. I have combined my knowledge of Kinesiology, Experiential Psychotherapy, and Athletic Performance to provide a truly unique experience for our members. The practices and techniques create remarkable transformations for our members, often in short periods of time. The membership provides you with a guide so that you can experience miraculous to change your life.

LET'S KEEP IN TOUCH

IG: [@mobility_MVMNT](#), [@Crystalmderry](#)
Tiktok: [@mobilitymvmnt](#)



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