

Get Aligned online



All of the below included in Program

microMoves (Micro Exercises)  
Web Streaming Video access & downloads at  
www.micromoves.com

- Download booklets
- Practical Ergonomics
- Aerobic tips ■ Nutrition tips
- Info bits on anatomy

- Travelercise
- Music Moves
- Drivercise

- Bonus Content for  
Therapists & Practitioners**  
(includes certificate)
1. The microMoves solution chart
  2. Constructive Rest
  3. Assessments
  4. Passive & Active release  
& new trigger point techniques
  5. Wall walking {to re-pattern walk}
  6. Bio feedback for migraines
  7. Face moves
  8. links to related web sites

**Videos on the web**  
**Runs on Flash or RealPlayer**

**One Time Payment For Life**

*Get Aligned  
online  
Ease stress  
in a minute  
or less*

NHPC & RMTA Credits  
Bonus Content for Therapists and Practitioners  
OGGment Your practice

Producers:  
Jacquie Ogg, MA, GCFP.  
Assistant Trainer  
Bones for Life Instructor

Sherry Ogg, BGS, GCFP, RMT.  
Order Online:  
Website: www.micromoves.com  
For information: 1-877-414-0505

Email: info@micromoves.com



**Free  
Samples**  
**Program includes:**



micromoves.

**Relieve Stress Instantly™**

Program | NHPC | RMTA | Services | Classes

free sample videos on pages below are included in program

**Helpful Tips For**

Carpal tunnel  
Lower back  
Shoulder pain  
Neck pain  
Knee pain

Drivercise

Music Moves

Travelercise

Summer Creative Award  
**AWARD**

Life Anatomy Manual & DVD




**QUICK RELIEF**

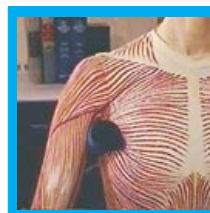
Free Sample Micro Exercises Online & Inside Brochure

## Program

### From Repetitive Strain Injury

#### Neck

Eases neck & shoulder tension



#### Wrists

Relaxes hands, wrists & shoulders



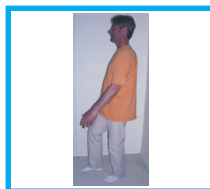
#### Back

Improves flexibility & sitting posture

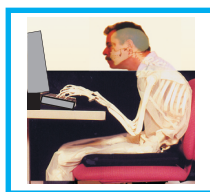


#### Balance

Strengthen hips/balance



#### Ergo Basics



Before

## Program

### to Relive Stress Instantly

#### Shoulders

Releases tension



#### Eyes

Relieves eye strain



#### Legs

Strengthens muscles & improves walk



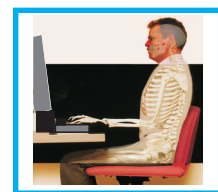
#### Nutrition Tip

Easy balanced diet



#### Part of

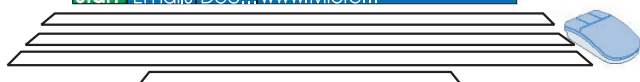
#### Ergo Basics



After

**Click And Be Fit**  
[www.micromoves.com](http://www.micromoves.com)

Start Emails Doc... www.Micro... WEB



Save time and tension with injury prevention

See free Sample Exercise videos  
@[www.micromoves.com](http://www.micromoves.com)