

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

One Time Payment For Life

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

CC/CE 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 | CMMOTA | Services | CEC

free sample videos on pages below are included in program

Helpfull Tips For

Carpal tunnel
Lower back
Shoulder pain
Neck pain
Knee pain
Drivercise
Music Moves
Travelercise

Life Anatomy Manual & video

QUICK RELIEF

Free Sample Micro Exercises Online & Inside Brochure

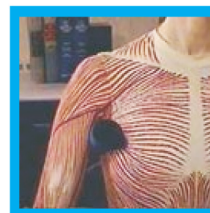
AWARD

Summit Creative Award

Program From Repetitive Strain Injury

Neck

Eases neck & shoulder tension



Wrists

Relaxes hands, wrists & shoulders



Back

Improves flexibility & sitting posture

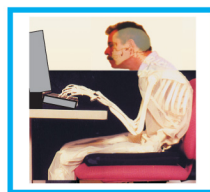


Balance

Strengthen hips/balance



Ergo Basics



Before

Program to Relive Stress Instantly

Shoulders

Releases tension



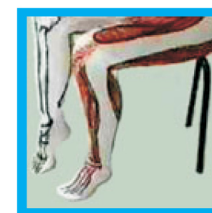
Eyes

Relieves eye strain



Legs

Strengthens muscles & improves walk

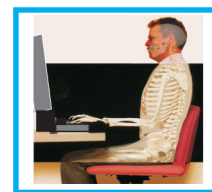


Nutrition Tip

Easy balanced diet



Part of Ergo Basics



After

Click And Be Fit
www.micromoves.com

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

Save time and tension with injury prevention

See free Sample Exercise videos
@www.micromoves.com