

# MOVE BETTER, THEN MOVE MORE!



Persuasion to move more is everywhere from your doctor's office to billboards on the highway. Seriously, have you ever had someone suggest you should do less activity?! However, a significant number of orthopedic injuries occur to recreationally active individuals each year that may be avoidable if more attention was given to movement quality over quantity. In this session, we'll describe optimal movement patterns and their importance, neuromuscular control of movements, along with ways you can optimize your movements to not only diminish the risk of injury but get more out of your workouts!

**Date:** Wednesday, August 14, 2024

**Time:** noon-1pm Central Time

**Registration:** No registration necessary! Join online [here](#) via Teams.

Join us for a follow up "Ask the Coach" session! This is an opportunity to ask any questions about how to move better, then move more to Coach Michelle.

**Date:** Wednesday, August 21, 2024

**Time:** noon-12:30pm Central Time

**Registration:** No registration necessary! Join online [here](#) via Teams.