

About Your Speaker

John Gifford, CBPM, NCTMB

Owner of Motionwise®



John Gifford, author of **Essential Stretches You'll Actually Use**, has presented to thousands of professionals teaching ESSENTIAL STRETCHES, and other body saving strategies. He has spent over three decades helping professionals and athletes reduce muscular pain and tension through his educational programs and clinical practice, where he uses a specialized form of bodywork called Bonnie Prudden Myotherapy® and Exercise Therapy. John's training programs have received top ratings from clients such as IBM, University of Michigan, Michigan Dental Hygienists' Association, and Ford Motor Company.



Mr. Gifford's program is by far the best I have ever experienced. He has the remarkable gifts of making complicated information simple to understand, and to bring humor and excitement...His practical, common-sense instruction on how we can all prevent most of our pain and muscle tension is very much needed in today's high stress workplace.

Fred Waller, R.N., C.H.S.P., C.O.H.C.

Occupational and Environmental Health and Safety Consultant

"Thank you Mr. Gifford for such a great program! We had far more attendees than I expected, and your presentation was of the highest quality--highly motivating and very informative. We laughed, stretched, and learned simple ways to reduce the pain and tension in our bodies... There was only one drawback:

People wanted more time with you!

Debbie Sobodash

Staywell Program Coordinator, Jeep and Truck-Engineering



Training Division

2315 Coolidge

Berkley, Michigan 48072



Essential Stretches LIVE
teaching them how to save their bodies

essential training for a sustainable workforce

“have you taught them how to save their bodies?”



Essential Stretches LIVE
*a part of John Gifford's
"Managing your Muscles Under Stress"
self-care at work series*

essential training for a sustainable workforce



“what’s the best stretch? the one you’ll do.” –John Gifford, CBPM, NCTMB, owner, Motionwise®

tension matters ➤ save their bodies! ➤ stretching for success

Everyday, professionals perform under high levels of muscular stress and tension. Over time, this may effect their wellbeing and performance.

Absenteeism

Long-term exposure to high-tension levels forces people to function less efficiently and can directly lead to greater absenteeism due to musculoskeletal pain, headaches, and other conditions impacted by stress and tension.

Physical Well-Being & Productivity

Individuals with high levels of psychological and/or muscular tension are more prone to muscular strain and injuries, bringing about medical conditions such as neck pain, shoulder pain, back pain, headaches, carpal tunnel syndrome, calf cramps, and sciatica.

Morale

People with high levels of pain and tension often feel helpless in their ability to affect symptoms. This feeling of helplessness can impact confidence, self-esteem, and levels of depression, effecting energy, productivity, efficiency, and cause greater susceptibility to additional pain and tension.

Through the use of simple stretches, as taught in **Essential Stretches LIVE**, many of the negative effects of stress and tension can be reduced.

Stretches for Relief

Simple stretches can be worked into the busiest of schedules and can provide relief from muscular tension. For example, participants will learn a hip stretch that can be done at a desk or in a meeting, and an effective neck stretch that can be done in a couple of seconds.

Essential Stretches You'll Actually Use

Program attendees will receive a copy of John Gifford's latest stretching book. This compact and complete guide to stretching was designed for EVERY body by providing support in creating and maintaining a general stretching program. The small size (3" x 5.75") makes it easy to integrate into your lifestyle. Throw it in a gym bag, purse, or desk drawer.



Essential Stretches You'll Actually Use by John Gifford



Essential Stretches You'll Actually Use ISBN 978-0-9795890-3-4 US \$9.95



Relief at work begins here.



Essential Stretches LIVE

This popular corporate program is geared towards busy professionals and includes:

- ✓ Safe Stretching Principles
- ✓ Practical Stretches for the Office Environment
- ✓ Key Strategies to Make Stretching a Habit
- ✓ Copy of **Essential Stretches You'll Actually Use** for each participant

Give **Essential Stretches LIVE** to your group today!

248.414.6800 • motionwise.com



Interactive and educational



Personalized instruction at our facility



On-location training for large groups



Learn easy-to-use techniques



Support materials for the office environment

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