

Join Movement with a Purpose (MWAP) CFIH's new Movement Hub



Helping you create a healthy relationship with movement which supports, and not harms, your well-being.

What is MWAP?

MWAP is a range of courses, classes and individual sessions that adopt a part-therapeutic- and part-movement-based approach toward exercise, aimed at helping participants identify, challenge and alter their unique beliefs and behaviours around movement.

Contact CFIH
(07) 3161 0845 or
info@cfih.com.au
or your
Practitioner for
more information.

Facilitated and founded by CFIH Accredited Exercise Physiologist, Alanah Dobinson, MWAP can help you:

- Develop a thorough understanding of your relationship with movement and the ways in which it impacts your life
- Explore and debunk your thoughts, beliefs and behaviours around movement
- Engage in evidence-based, safe and fun movement
- Create a new relationship with movement which supports, not harms, your well-being
- Be part of a fun, safe and accepting movement community.

The first extension of MWAP: 'Getting Started' Group Movement Classes*

The classes welcome people of all body sizes to engage in regular movement in a safe environment. The classes provide a welcoming space for people who may have a hesitant relationship with exercise and who are looking to overcome their barriers to engaging in this life-long health behaviour.

Costing:

\$30 or less per class (private health rebates may apply).

Classes are available to attend weekly, fortnightly or monthly based on your schedule, and no cancellation fees apply when your schedule changes. If you miss a session, don't worry - you can save it for next time.

To get started, book your free 15 minute phone consult at CFIH.com.au or phone (07) 3161 0845.

**Please note, this class is not suitable for those who have been diagnosed with, or received treatment for, anorexia nervosa, bulimia nervosa or avoidant-restrictive food intake disorder in the past year. New sessions will be developed for people living with these eating disorders from late-2018, after the release of the clinical exercise guidelines for eating disorders, Safe Exercise at Every Stage (SEES), created by Alanah and colleagues.*



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