

# 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](http://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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