

RECOVERY MOVE™

Fitness. Strength. Community.

About

Recovery Move™ uses the benefits of exercise and facilitated recovery meetings to help teens and adults combat abuse, addiction, anxiety, depression, eating disorders, grief, or loss.

We create a positive community and facilitate growth in self-esteem, character, and accountability.

Recovery Move™ is committed to providing safe fitness, nutrition and health programs.



Clint Zeidenberg
Owner, Co-founder

International CrossFit Games Coach and **internationally ranked CrossFit athlete** with **30,000+ hours** on the floor.

Clint created Recovery Move™ to help a loved one fight addiction.

He is **Family Trauma Treatment Certified**.

Team



Dr Hannah Jurewicz, PsyD.

Co-founder

Doctor of Psychology and Licensed Professional Counselor with **30 years**

experience. Hannah provides counseling in her private practice and is co-founder of Journey Home Recovery Living. She is **Family Trauma Treatment Certified**.



Juri Henley-Cohn

Harvard University graduate who majored in social anthropology. He works regularly in film, TV, and theater. Juri leads the meditation & mindfulness programs.



Jessica Dean, RD, CDN

Registered Dietitian, owner Jessica Dean Nutrition private practice in Madison, CT. Jessica has over **20 years experience** in the nutrition and fitness industry. She finished 53rd in the world in 2017 CrossFit Masters.

Programs

Workouts



Coaches guide participants through a group workout - personalized to their level and goals.

Recovery meetings



Recovery meetings are run by experienced recovery facilitators or counselors. We help people develop the best possible skills and coping mechanisms for wellness.

Meditation & mindfulness



We teach people to alleviate stress and anxiety with meditation to feel better. Mindfulness is a core value.

Nutrition



Nutrition support is offered to help people fight cravings, feel healthy and achieve their goals.

DONATE

Your support provides holistic programs, and caring, certified counselors and coaches for kids, teens and youth so they may achieve their full potential.

Donations are tax deductible. PayPal available on our website.



Scan to donate

WE ARE A REGISTERED 501C3
NON-PROFIT ID: 87-2651684

POWERED BY



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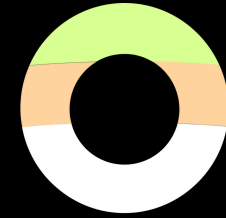
IT'S WORKING

“ This was a life changer for me. ”
B.

“ The Guilford Athletic Center program has helped my child. My teen has always struggled with social anxiety but since COVID they spiraled into a deep depression. Traditional therapy was something they weren't willing to engage in. With the support of Clint and his coaches my teen has been able to manage their depression, utilizing physical health as a treatment of recovery. This is a great alternative for kids who don't want traditional therapy or need something on top to help with mind body health. ”
Guilford mom.

“ As a clinical social worker, mother of 3 and member of GAC for over five years, I cannot speak highly enough of this program. ”
K. LCSW.

“ I feel like I am coming home to my fun and wacky family. I have never been stronger or happier. My membership has been sponsored - I am a student working and there is no way I could afford any wellness program. ”
S. Student, member US Military.



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THE SHORELINE'S FIRST EXERCISE & RECOVERY PROGRAM

Support the Recovery Move™ scholarship fund to help people in our community combat abuse, addiction, depression, loss - or any of life's challenges.

www.RecoveryMove.org

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