

Recovery Move™

Fitness. Strength. Community.

Exercise and recovery meetings for teens and adults to combat abuse, addiction, depression or any of life's challenges.

Mission, vision, values
Team
Programs
Testimonials

Clint Zeidenberg, owner Guilford Athletic Center, Co-Founder Recovery Move™
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Spring 2022

Recovery Move™ Fitness. Strength. Community. | **Mission**



Mission

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.

Recovery Move™ is committed to providing safe, affordable* (often free) fitness, nutrition, and health programs. We coach our members on how to train, exercise, move safely and create diet regimens that help people to maintain the fitness levels needed for working out as well as to support their dietary requirements.

Our experienced coaches instruct members in a personalized workout, followed by a counselor facilitated recovery meeting to help develop the best possible skills and coping mechanisms for achieving mindfulness and maintaining wellness. Recovery Move™ creates a positive community and facilitates growth in self-esteem, character, and accountability.

*introductory programming is free, ongoing participation in the scholarship program for free or reduced programming is based on need

Recovery Move™ Fitness. Strength. Community. | Vision, Values



Vision

Our team of personally invested, experienced coaches, counselors and athletes inspire fitness, strength, and community to make a difference.

Recovery Move™ supports individuals to develop the fundamental skills and lifestyle habits so they might achieve healthy, productive lives and become positive members of the community.

Welcoming individuals whole heartedly into our caring, supportive community.

Creating holistic programs that proactively address the needs of vulnerable populations and supports community wellness.

Ensuring individuals have the agency and support needed to lead healthful lives.

Values

Fitness

Be in a state of good health to set and achieve goals

Mindfulness

Feel better mentally

Commitment

To the habits that keep your body and mind strong

Person centered

Designed to focus on everyone's individual needs

Community

Foster a trusting, supportive group

Fiscal accountability

Exercise prudent and ethical use of all resources

Transparency

Operate with openness & honesty about our mission, vision, and values



Recovery Move™ Fitness. Strength. Community. | Our Team



Clint Zeidenberg, co-creator Recovery Move™, is an 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. Family Trauma Treatment** certified as recognized by Connecticut Addiction Counselors.

Clint owns Guilford Athletic Center, celebrated its 10-year anniversary in 2021.



Dr Hannah Jurewicz, co-creator Recovery Move™, holds a Doctor of Psychology and is a Licensed Professional Counselor with **30 years of personal and professional experience.**

Hannah provides counseling in her private practice in Guilford, CT.



Jessica Dean RD, CDN. Registered Dietitian and owner of Jessica Dean Nutrition, a nutrition private practice in Madison. She has qualified multiple times as a CrossFit Regional athlete and finished 53rd in the world in 2017 CrossFit Masters 40-44 division.

Jessica has over 20 years experience in the nutrition and fitness industry.

Recovery Move™ | Donations Needed – The Impact of Your Investment



Your support is tax deductible:

Recovery Move™ is a non-profit organization recognized by the IRS as a 501(c)(3).

Donate:

One time or monthly donations are great. We welcome the chance to develop a program that will meet your needs.

Your donation will help to sponsor a teen or adult to participate in the Recovery Move™ program.

They will benefit from:

- introductory 1-1 coach's session,
- participation in CrossFit-style group workouts tailored to their goals,
- facilitated recovery meetings,
- meditation or yoga classes, and
- nutrition counseling.

Checks can be mailed to Recovery Move Inc. 391 Soundview Road, Guilford, CT 06437 EIN: 87-2651684.

PayPal is available on our website www.RecoveryMove.org



Recovery Move™ Fitness. Strength. Community. | Programs



Programs

Recovery Move™ combines the benefits of working out with a facilitated recovery meeting after workouts, nutrition counseling and community activities.



Workouts: Coach Clint guides participants through a group workout – personalized to individual goals. Workouts change daily.



Recovery Meetings: Dr Hannah facilitates a supportive, in-person recovery meeting after the workouts Wednesdays & Saturdays. **AA Meeting onsite every Friday at 7:00 p.m.**



Nutrition: Nutrition support offered in separate sessions. Proper nutrition helps people fight cravings, feel healthy and achieve their goals.



Yoga: A roster of certified yoga instructors teach people how to alleviate stress and anxiety. Mindfulness is a core value, and these classes help people feel better mentally.



Sports Teams and Community Engagement: We participate in and sponsor local softball, kickball, road races and events to offer meaningful opportunities for participants and to give back.

Recovery Move™ | Why is there a need for this organization?



Urgent need to address mental health & wellness

COVID INTENSIFIES RISE IN ABUSE, ANXIETY, DEPRESSION



Increase ER visits for **suicide attempts by adolescent girls** early 2021 v 2019

[Surgeon General Youth Mental Health Crisis](#) Dec 2021



US adults struggling with **mental health or substance abuse**

[CDC June 2020](#)

3X

Depression symptom prevalence during COVID than before

[JAMA September 2020](#)

13%

Teens and adults started, or increased substance use to cope with COVID-19

LOCAL TEENS NEED SERVICES

- o [17-year-old took his life Oct 2020](#)
- o [mental health issues](#) classmate accused of murder
- o Guilford High School students petition for [student-led mental health awareness club](#) - school administration denies first attempt

Recovery Move™ is helping exercise is effective

Amid these compounding health, economic and social crises, we are experiencing an increase in the number of folks seeking services. There are teens who are out of school battling with depression, front line workers and first responders trying to cope.

We offer a safe, in person community to carry them through this.

Current research shows that **the benefits of exercise can help the millions of Americans battling addiction, depression, anxiety, and loss:**

- One in 10 adults in the United States struggles with depression. **Exercise can be as effective as antidepressants. Exercise helps relieve depression.** ([Harvard Feb 2021](#))
- Exercise shows promise to **help people in recovery from addiction.** ([Harvard June 2018](#))

Exercise fosters healthy addiction free living and has also been shown to:

- Reduce cravings and use
- Reduce anxiety
- Instill a positive outlook
- Create structure and routine to fill a void
- Act as a healthy, constructive coping mechanism



Recovery Move™ | It's Working – Member Stories

"This was a life-changer for me. The big thing is just showing up. Then the magic happens." B. (adult male) February 2021.

"As a clinical social worker, a mother of three, and a member of Guilford Athletic Center for over 5 years, I can't speak highly enough of this program. Being someone who works with teens struggling with their mental health, as well as someone who is in recovery from an eating disorder, I place great importance on a positive support network, education on fitness and healthy eating, and finding a place that brings you happiness. To me Guilford Athletic Center embodies all these things and more. I love bringing my three girls to such an open community to teach them the importance of a strong mind and body." K. (LCSW) January 2022.

"The Guilford Athletic Center program has helped my child manage their anxiety and depression. I came across Clint and his program of connecting mental health and physical fitness at a time when my teenager needed it the most. My teen has always struggled with social anxiety but since COVID my teen had spiraled into a deep depression. Due to their social anxiety, traditional therapy was something they were not willing to engage in. Looking for alternative treatments I came across Guilford Athletic Center and their mental health mind body connection. With the support of Clint and his staff my teen has been able to manage their depression and continues every day to work through social anxiety, utilizing physical health as a treatment of recovery. This program is a great alternative for kids who don't want the traditional therapy or need something on top of the traditional therapy to help with mind body health." Guilford Mom, January 2022.

"I have suffered for years ...drinking wine to cope and dull my feelings was getting worse and worse as time went by causing a lot of problems for me in many aspects of my life. What is so exceptional about the Guilford Athletic Center is that four days a week there is a support group meeting directly after a great workout-right in the gym. It's a one-tow punch for any issue. I feel connected, healthy, and so very hopeful. This program has turned my life around." M. (adult female) August 2021.

"This isn't just a place to workout, It's a community. Coach Clint and Coach Emily are amazing people, opening their doors to every level of fitness from first timers to those experienced in CrossFit. Being transgender, I was really self-conscious working out with others, but the environment and coaches made me feel instantly comfortable. I'm proud to call the people here my friends." Q. (transgender youth) March 2021.

Participants have said in some cases it is saving their lives.

www.RecoveryMove.org | cell: 203-530-1725 | Clint@GuilfordAthleticCenter.com | 391 Soundview Road, Guilford, CT



Recovery Move™ | It's Working – Member Stories

"The CrossFit program has had a very positive impact on my teen, who struggles with depression and low confidence. Not only is my teen increasing their physical strength and health, but their mental health is currently stable. The community is supportive and has created a space they look forward to going each week to change their focus." **Guilford Mom of Teenager, January 2022.**

"The Recovery Move program helps us achieve total wellness. When I walk in, I feel like I'm coming home to my fun and wacky family. Everyone is motivated to help each other with anything. The owner, Clint, has members personally move, given us equipment, and held free COVID workouts outdoors just to make sure we've got our head on straight. The coaches and the members really care about each other. I work in a very stressful environment, and it's hard for me to let go of my work. But, the Coaches will meet with me out of the blue to work out, help me achieve a goal, or hang out. Even when we're not at the gym, they show up for me. In fact, this year, we all did a K together on my birthday, which is usually a weird time for me. I have never been stronger or happier than when I'm working out with my Recovery Move family. I feel genuinely lucky that I found this program and the people in it. Over the past year, I have improved my overall mood, made lifelong friends, and I went from being totally unable to complete a workout using the lowest weight imaginable to deadlifting 175 lbs. I am constantly improving physically, spiritually, and mentally. My membership has been sponsored during my time at Recovery Move. I am a student working for minimum wage, and there is no way I could afford CrossFit or any wellness program without help from Recovery Move donations. I would be totally depressed and anxious during the pandemic and school without this outlet. The fellowship from the meetings, the workouts, and the community events keep me mentally and physically healthy. In the immortal words of Elle Woods, "Exercise gives you endorphins. Endorphins make you happy. Happy people just don't shoot their husbands; they just don't." **Military Personnel, Student, December 2021.**

Teens and adults of all fitness levels welcome.

Classes

Mondays

- 4:30 pm **youth class**
- 6:45 pm **meditation** and reflection discussion (45 minutes)

Wednesdays

- 4:30 pm **youth class**
- 6:30 pm **beginner workout** (60 mins) and **recovery meeting**

Fridays

- 5:30 pm **All ages workout** (60 mins)
- 7:00 pm **AA meeting**

Saturdays 9:00 a.m.

- **All ages workout**
- Recovery meeting

Programs

Workouts

Coach Clint guides you through a group workout – personalized to your goals. Workouts change daily.

Recovery Meetings

Dr Hannah facilitates a supportive, in-person recovery meeting after the workouts Wednesdays and Saturdays.

Nutrition

Jessica provides nutrition support to help people fight cravings, feel healthy and achieve their goals.

Meditation

Juri makes his classes inclusive and safe for all who wish to join, focusing on basic concepts.

Coaches



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Jessica Dean Jessica Dean RD, CDN. Registered Dietitian and owner of Jessica Dean Nutrition private practice in Madison, CT. She has qualified multiple times as a **CrossFit Regional athlete** and finished **53rd in the world** in 2017 CrossFit Masters 40-44 division.



Juri Henley-Cohn introduces people to the concepts that support basic meditation instruction, practice together for a bit, and then discusses the experiences.



Thank you