

OneMovement



by **OneWellness**



What is functional fitness?

The **OneWellness** training philosophy is based on functional movement and balance at its core. With little focus on traditional gym equipment the exercises concentrate your own body mechanics.

7 Primal movements are addressed in each fitness session. These include push, pull, lunge, squat, bend, twist and locomotion. From basic daily routines, like carrying a backpack, to more athletic moves, like playing soccer, every movement our bodies perform can be broken down into one of these seven patterns.

In addition to addressing the 7 primal movements patterns **OneWellness** sessions addresses endurance, strength, flexibility and other traditional fitness training.

OneMovement

Josué Figueroa, advanced athletic trainer and movement specialist has developed a unique individual and group fitness training program for kids and adults.

OneMovement sessions combine the basics of functional movement and brain-based training. This training can accelerate those involved in athletics or enhance skills for those who simply need encouragement to move, focus, improve balance, behavior, learning and overall coordination.

What is brain-based fitness training?

Brain-based fitness was developed using the concept of neuroplasticity, which is the brain's ability to change. Brain-based fitness includes scientifically proven techniques to enhance movement in order to reduce pain, resolve injuries, improve performance and ultimately create a healthier body. Specifically for kids, research has also found strong links between specific sensory-based exercise and coordination, learning and behavior.

Principles of the **OneMovement** program are based on Z Health Performance and other leaders in the neuro-movement community. Brain-based fitness is the precursor to getting fit by learning how to move your body in a more intentional way.

OneMovement Sessions for Individuals (Ages 14 - adult)

During private sessions, Josué can work very specifically on your goals building on your work together each week. Sessions can be done in your home or at the **OneWellness** studio in Redwood City.

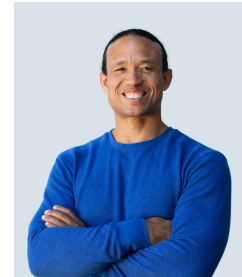
OneMovement Group Sessions for Kids (Ages 8 - 14)

OneMovement group sessions are designed for all children and purposely not based on athletic ability. The focus will be to encourage and empower kids at all levels of movement to build physical literacy through integrated brain-based fitness training and play. The goal is for kids to experience movement as FUN and important for their development and overall happiness! Group sessions will be scheduled based on requests for 4-6 children in the same age range. Sports-specific **OneMovement** classes may also be requested for those on teams who want to up their game and learn core principles of teamwork. Sessions can be done at the **OneWellness Studio** in Redwood City, at a park or, with permission, at your child's local school. *Classes are an 8-Week Series.*

Please call (650)330.0107 or email josue@onewellnessgroup.com for more information, pricing and session requests.

Josué Figueroa

Josué is an Advanced Athletic Trainer and Licensed Massage Therapist. He has been in the athletic, fitness and wellness community for over 25 years. As a young athlete, Josué excelled in a variety of sports including track and field, boxing and basketball. His love for sports led him to pursue an education in fitness and his studies have earned him some of the highest certifications in the industry including Sports and Conditioning Specialist through the National Strength & Conditioning Association (NSCA) and the National Academy of Sports Medicine (NASM).



In 2005, Josué completed his coursework and became recognized as a New York state licensed massage therapist (LMT). He was chosen to provide pre and post-game massage for the U.S. Open from 2005 to 2009 and received a commendation from the U.S. Tennis Association's senior trainer.

Josué's unique skill set affords his clients the opportunity to work with a professional who has a diverse background in both fitness and body work. He shares his passion for movement and teaches body awareness along with the importance of integrating a variety of health & fitness modalities. Josué has a contagious love for life and works comfortably with all ages and fitness levels from the novice to the professional athlete.