



## Original Strength

*Tim Anderson, Geoff Neupert*

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## **Original Strength** Tim Anderson, Geoff Neupert

When you were a child, you had an amazingly strong, resilient and healthy body. The body you built through movement during the first several years of your life was meant to be the foundation from which you would continue to add strength, power and resiliency. Your body was meant to be strong, graceful, powerful, fluid, mobile and resilient. You were never meant to be broken, weak, fragile, stiff or injured. You were never meant to just "fall apart" with age. You are supposed to be able to conquer mountains, and even playgrounds, well into your golden years. You are supposed to enjoy this life with vitality. But, many of us do not. Many of us are just watching life go by. We have lost our way. We have lost our foundation. Our sedentary lifestyles have robbed us of the foundation and the joy of movement that we built as children. Because of this, we have lost our strength, our health, our resiliency and our vitality. Thankfully, we were indeed made to move. Through movement, specific movements, we can regain our foundation of strength, our foundation of health. We can become the strong, powerful, and graceful bodies that we were meant to be. We can enjoy this life with vitality. We don't have to be spectators, merely existing. We were made for adventure, for life! We can regain our Original Strength - our foundation. We can help our bodies remember how to move again and in doing so, we can become strong, healthy and resilient; like we were meant to be. We invite you to join us and regain the body you were always meant to have: A body capable of enjoying life.

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