

# FMS

## Functional Movement Systems

**GET MOVING RIGHT NOW!**

YOU DON'T HAVE TO BE AN ATHLETE TO SUFFER THE ACHES AND PAINS of age and activity, so turn back the clock on wear and tear with the Functional Movement Screen today. It...

- Tests seven basic movement patterns,
- Takes less than ten minutes,
- Identifies weaknesses & asymmetries that increase chances of injury,
- Provides FMS experts with the information they need to customize workouts that strengthen you,
- Tracks your progress, and
- *Gets you moving right!*

**THE FUNCTIONAL MOVEMENT SCREEN IS GOOD FOR YOUR BOTTOM LINE** both on the field and in business. It's been shown to reduce both risk factors for injuries and costs associated with injuries when they happen.

**THAT'S WHY HIGHLY TRAINED TEAMS** from the Navy Seals to the New York Giants are using the FMS.



*The Functional Movement Screen is used throughout the world in every major sport and by more than 50 U.S. pro and college teams -- just to name a few. There are also the Super Bowl-winning New York Giants, the Indianapolis Colts, the Cleveland Indians...*

**Log on. Learn more.**

**FunctionalMovement.com**



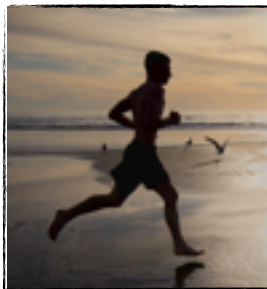
**GO TO THE FMS WEBSITE** to read on about this powerful paradigm shift in fitness and athlete development.

• **BROWSE** cutting edge videos, articles, podcasts and research.

• **CHECK** out FMS's impressive clientele.

• **NETWORK!** Find an FMS Expert near you or become one.

• **SHOP!** FMS sells DVDs, test kits, manuals, books and exercise equipment.



**OLDER, YOUNGER, ACTIVE AND NOT-SO-ACTIVE, EVERYONE HAS UNIQUE MOVEMENT IMBALANCES AND LIMITATIONS THAT CAN LEAD TO PAIN AND INJURY.** The Functional Movement Screen reveals your weaknesses so you can begin strengthening them, working out in a gentle but highly targeted and effective way. Based on your screen, your FMS Expert develops a customized plan of corrective exercises that meets your needs, continually tracking and updating your plan as you progress.

**SO GRAB A FELLOW RUNNER, GOLFER, ATHLETE OF ANY AGE AND CONTACT YOUR LOCAL FMS EXPERT. GET MOVING RIGHT NOW!**