

WWW.INMOTIONWELLNESSSTUDIO.COM

INMOTION

W E L L N E S S S T U D I O

THE POWER OF PROCESS

START FEELING BETTER TODAY

IMPOWER IMREADY IMBRAVE

LET US SHOW YOU THE POWER OF PROCESS



STRETCHING



WE DO THE WORK FOR YOU

WELCOME TO THE FUTURE OF HEALTH AND WELLNESS

AT IN MOTION WELLNESS, WE BELIEVE THAT STRETCHING PROVIDES THE ESSENTIAL FOUNDATION FOR OVERALL WELLNESS.

"What do we do at In Motion?"

We provide a service called Assisted Motion and Recovery Therapy. It's a series of one on one services that are custom tailored to each clients needs. The best part is that you can relax while we do all the work!

Assisted Motion Recovery Therapy to help avoid injuries and to enhance motion, flexibility and overall wellness.



INTRODUCTION

WELCOME



ABOUT OUR COMPANY

Dynamic Health and Vibrant Living. We all seek it. But whether its today's modern sedentary lifestyle, sports injuries, aging, or just everyday stiffness and limited range of motion, it can be challenging to obtain. It can be tough to include fitness classes and trips to the gym into already full schedules.

InMotion Wellness provides the perfect environment for fast and effective ways to add the key fundamental component to Dynamic Health and Vibrant Living: Assisted Stretching!

AND AT INMOTION WELLNESS, WE DO THE WORK



PERSONALIZED
WELLNESS
PROGRAM



UNIQUE
ASSISTED
STRETCHING
PLATFORM



TRAINED AND
CERTIFIED
MOTION
SPECIALISTS



WHO WE ARE

HEALTH BENEFITS ASSISTED STRETCHING





COMPANY STATEMENTS

Welcome to InMotion Wellness, where we passionately believe that stretching is the cornerstone of holistic wellness. Here, we understand the quest for Dynamic Health and Vibrant Living. In today's fast-paced world, filled with sedentary habits, sports-related strains, aging, and the daily grind, achieving optimal health can seem like an uphill battle. We get it – fitting in fitness classes or gym sessions can feel like an impossible feat amidst busy schedules.

OUR MISSION

At InMotion Wellness, our mission is to empower individuals on their journey to holistic wellness by providing personalized assisted stretching services that enhance mobility, flexibility, and overall well-being.

OUR VISION

We envision a world where everyone experiences the transformative power of assisted stretching, unlocking their full potential for dynamic health and vitality.



THE MINDSET

COMPANY



PERSONALIZED SERVICE

We offer Assisted Motion and Recovery Therapy, meticulously tailored to meet the unique needs of each client. Our one-on-one sessions ensure that you receive personalized attention and care, allowing you to relax while we work our magic.

EXPERT TEAM

Our team consists of highly qualified professionals with backgrounds in exercise science, personal training, physical therapy assistance, and licensed bodywork. Through our rigorous "InMotion Process" certification, they master the art of assisted stretching under the guidance of our experienced practitioners, ensuring the highest standards of technique, communication, and safety.

CONTINUOUS IMPROVEMENT

We are committed to continuous learning and improvement. Our team undergoes regular audits every 90 days to maintain excellence in form, technique, and client communication, ensuring that you receive nothing but the best service every time you step into our wellness center.

CLIENT-CENTRIC APPROACH

At the heart of everything we do is you, our valued client. We prioritize your needs and goals, crafting personalized stretching sessions that address your specific concerns and deliver tangible results. Your journey to dynamic health is our utmost priority.



THE MINDSET

COMPANY

**START FEELING
BETTER TODAY!**

InMotion helps by improving flexibility,
reducing pain and stiffness, enhancing
athletic performance and more!

ASSISTED STRETCHING IMPROVES

- Recovery
- Overall Stress
- Range of Motion
- Muscle and Joint Soreness
- Sciatica Relief
- Posture
- Circulation

**WE DO THE
WORK FOR YOU**

**TRY IT TODAY!
FREE**



SCAN ME NOW

IM LET'S GO

THE JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP

So, why wait? Let us take the reins as you embark on your journey to Dynamic Health. Experience the power of process at **InMotion Wellness**, where every stretch brings you closer to your best self.

INMOTION
W E L L N E S S S T U D I O
THE POWER OF PROCESS

THE RISE OF ASSISTED STRETCHING

In recent years, assisted stretching has transitioned from a niche offering in wellness spaces to a mainstream service available at numerous health and fitness centers. This technique, which involves a trained professional helping a client stretch their muscles, is catching on rapidly. But what is driving its popularity, and what are the statistics that back up its growth?

INCREASED AWARENESS OF FLEXIBILITY'S BENEFITS

Increasingly, people understand that flexibility is a core component of overall fitness, alongside strength and endurance. Regular stretching can improve flexibility, enhance circulation, and reduce stress — benefits that are becoming more widely known.

AGING POPULATION

With the baby boomer generation aging, there is a growing demand for services that can help maintain mobility and reduce pain. Assisted stretching is low-impact and can be adapted for people with varying levels of fitness, making it a popular choice for older adults.

EXPERT ASSISTANCE

Not everyone knows how to stretch properly — and improper stretching can lead to injury. Assisted stretching allows people to relax and rely on a trained professional to guide them, ensuring a safe and effective session.

THE SCIENCE BEHIND ASSISTED STRETCHING

Studies have shown that regular stretching can improve flexibility, increase blood flow to muscles, and enhance overall functional performance. Assisted stretching takes this to the next level. A 2018 study published in the Journal of Bodywork and Movement Therapies found that assisted stretching was more effective than unassisted stretching in improving hamstring flexibility.



THE DATA

**OUR
GROWTH
RATES**

**2021:
1 STUDIO
6 EMPLOYEES**

**2022:
6 STUDIOS
30 EMPLOYEES**

**2023:
20 STUDIOS
86 EMPLOYEES**

**WE HAVE GROWN
BY 2800% OVER
THE LAST 2.5 YEARS**



GROWTH

GROWTH

Our Commitment



Our dedication to wellness extends beyond our doors. We are deeply committed to fostering health and vitality within our communities, believing that everyone deserves access to resources and support for their well-being journey.

At InMotion Wellness, we are more than just a wellness center – we are a catalyst for positive change in our communities. Join us in building a healthier, happier future for all.

A FEW TESTIMONIALS FROM OUR VALUED CUSTOMERS



CLIENT TESTIMONIALS