

THE MODERN DAY CRISIS

Life in the 21st century all too often means living an extremely sedentary and immobile lifestyle - one that encourages too much time spent hunched over screens, devices, steering wheels, and desks. Assuming these poor positions throughout the day without adequate muscular strength to resist and push back against **gravity** can lead to **degeneration** of our joints, inefficiency of our muscles, and unnecessary pain. Our habits of sitting and curling forward, combined with the ever constant pull of gravity, cause a **compression** force on our bodies that is detrimental to every aspect of health. We modern humans must learn to live and move the way our bodies are designed or else we leave ourselves vulnerable to pain, illness, fatigue, and overwhelming general malaise.

“The human body is designed to thrive against gravity – else we tend to age rapidly and get injured. Foundation Training is the answer to my many years of research on the negative effects of sitting.”

– Dr. Joan Vernikos, Former NASA Director of Life Sciences

COMPRESSION AFFECTS THE WHOLE BODY



Chronic compression of the spine -and its surrounding areas- not only wreaks havoc on posture, it simultaneously reduces blood flow and oxygen in the body. It also plays a key role in a wide range of degenerative diseases and conditions. Mainstream medicine rarely – if ever – addresses this problem of pandemic proportions.

Foundation Training provides the perfect antidote to the chronic compression that plagues so many of us.

FOUNDATION TRAINING DEFINED

Foundation Training is a movement practice designed to restore the body's natural order and put YOU at the center of your health. It teaches your body how to properly support itself and move as nature intended. It was developed by chiropractor and movement expert, Dr. Eric Goodman, to heal his chronic back pain and avoid surgery for multiple disc herniations. This program is not a temporary remedy, but a systematic solution that creates long-term health. Foundation Training enables one to reach, achieve, and experience incredible health and wellness.

Movewell. Livewell.



HOW IT WORKS

Foundation Training uses a combination of powerful movements, intentional poses, and conscious breathing work to **activate the muscles in your posterior chain**. When practiced regularly, your pain diminishes, your resistance to injury increases, and your body comes to life.

- Your torso, pelvis, and backside strengthen
- Your hips reclaim their intended role as the epicenter of movement
- Your spine decompresses and space opens throughout your torso
- Your breathing capacity and oxygen levels increase
- Your muscles learn to correctly support your structure and posture improves
- Your whole body becomes integrated and moves more efficiently

When these things happen, a cascade of healthful changes happen in your body and your life.

EFFECTIVE

Foundation Training targets the source of pain – not just the symptoms – making it a long term solution for health. It brings the whole body, inside and out, into balance allowing you to function at your absolute best.

SIMPLE

No fancy equipment needed. Foundation Training simply relies on your bodyweight, movement, and breathing. It can be done anywhere, anytime in just a few minutes a day.

UNIVERSAL

Whether you're young or old, have limited mobility or are an active athlete – Foundation Training can have an amazing impact on your health, well-being, and happiness.

FROM PAIN TO PERFORMANCE, NATURALLY

Thousands of people who were stuck on the couch or headed for surgery for everything from bum knees and bad backs to blown out shoulders and failing hips have discovered remarkable healing through Foundation Training. The power of decompression and the restoration of proper movement make this program a natural and effective alternative to heavy-handed medical intervention. Foundation Training enables the body to heal itself and stay that way.

"I thought my lower back would be my Achilles' heel forever. Foundation Training took that thought out of the equation. I feel strong and flexible, and my posture is better than it has ever been. This stuff is just plain good for you."

– Matthew McConaughey, Actor

"My back doesn't just feel better, it feels strong. That is a big deal. These exercises let you move with some real confidence."

– Jeff Bridges, Actor

PROVIDING AN ATHLETIC PLATFORM

For many of the world's top athletes and Olympic super stars, Foundation Training is a crucial part of their fitness. Collegiate and high school teams, coaches, trainers, and athletes of all types and abilities use Foundation Training to build structural strength, heal injuries, improve their game, and increase injury resistance.

"I search for the best of the best when it comes to my fitness and conditioning. I have always been in great shape and take pride in maintaining a certain level of fitness, but in the time I have been working with [Foundation Training], I have reached a new level of endurance, stamina, and strength."

– Derek Fisher, NBA All-Star



Movement is the precipitating factor that determines our **maximum happiness potential**. You just can't live with vitality when your body is suffering due to pain and injury caused by poor movement habits. Foundation Training is a solution. It is a journey of both physical discovery and deepened self-awareness that enables previously unknown levels of health and happiness. It gives you the power to reclaim control over your body and be the best version of you. This is our mission.

Move Well. Live Well.

Plan**b**
FITNESS

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