



**Movement & Sleep:
Myths and Truths
That Impact Our Health**

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[www. themovemethod.com/7steps](http://www.themovemethod.com/7steps)



Hi, I'm Sandra!

I've been a physical therapist and trainer for the past 13 years. My husband and I have a thriving practice in San Diego and we attribute our success to a unique approach that incorporates applied functional science from the Gray Institute. These restorative, functional movement patterns get results because they involve three planes of motion and guide our bodies through moves that are entirely natural. I have used this approach for over a decade and it has proven to help my patients and training clients reduce pain and get better faster, even those who come to me with really poor prognosis. This exercise philosophy has helped me too. I had terrible back pain and was continually reinjuring myself until I discovered this approach and now I'm passionate about sharing it with others.

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**Our mission is to help people get rid of pain
and achieve functional freedom.**

I created the Move Method to introduce more people to the benefits of restorative movement. These exercises are designed to engage the whole body with moves that utilize every muscle and joint, increasing strength, flexibility, and coordination. The movement patterns are progressive, starting off slow but steadily building. Ultimately, you will be able to enjoy your life and the activities you love for the long run, without experiencing any pain.

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Learn how to use Sleep & Movement to Enhance your Health

Sunday, November 15th at 1:30-2:50 PM

Quiz:

Ask Yourself, Are You Getting Enough Sleep?

- 1. Do I have to set an alarm in the morning?**
- 2. Would I sleep past my alarm time if I didn't set one?**
- 3. Am I groggy and have to drag myself out of bed?**
- 4. Do I need caffeine in the morning to wake up?**
- 5. Do I sleep in on weekends?**
- 6. Do I get less than 7 hours sleep per night (1-2 per week)?**



Don't miss my presentation on Sleep & Movement
Sunday, November 15th at 1:30-2:50PM

Check out my Free video series
Relieve Lower Back Pain in 7 Steps
www.themovemethod.com/7steps

Come by our booth, would love to meet you!
We are sharing a booth with our pals Biodynamic Wellness.