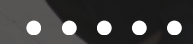


INSPIRE | EMPOWER | CONQUER



MY INSPIRATION NEVER DIES



MY INSPIRATION NEVER DIES



WHAT SETS US APART

My Inspiration Never Dies is more than just an Exercise Physiology studio; we are a lifestyle and wellness brand that is popping the exercise bubble. We are here to change the conversation and exercise blueprint to encompass all dimensions of health through MIND | MVMT | CXN training.

We understand that we are all movement creatures and by reconnecting your body to its fundamental roots, it's our mission to show people they aren't defined by their trauma.

We inspire change, empower minds, and help people conquer life's adversities.



NEXT GENERATION WELLNESS TESTING IN SCHOOLS

FINDING THE MISSING LINKS FOR FUTURE SUCCESS

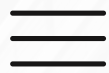
CHANGING THE FOCUS

We do this combining different worlds of movement, wellness, sociology, technology, and education to provide people with an integrated and unique experience.

We look at you as a whole, integrated chain and by linking all these elements we are able to work on what your body needs, what you want and at a rate that is healthy and sustainable.

With kids, it is important to monitor developmental changes and prepare them for success as they move into higher level exercises and athletics.

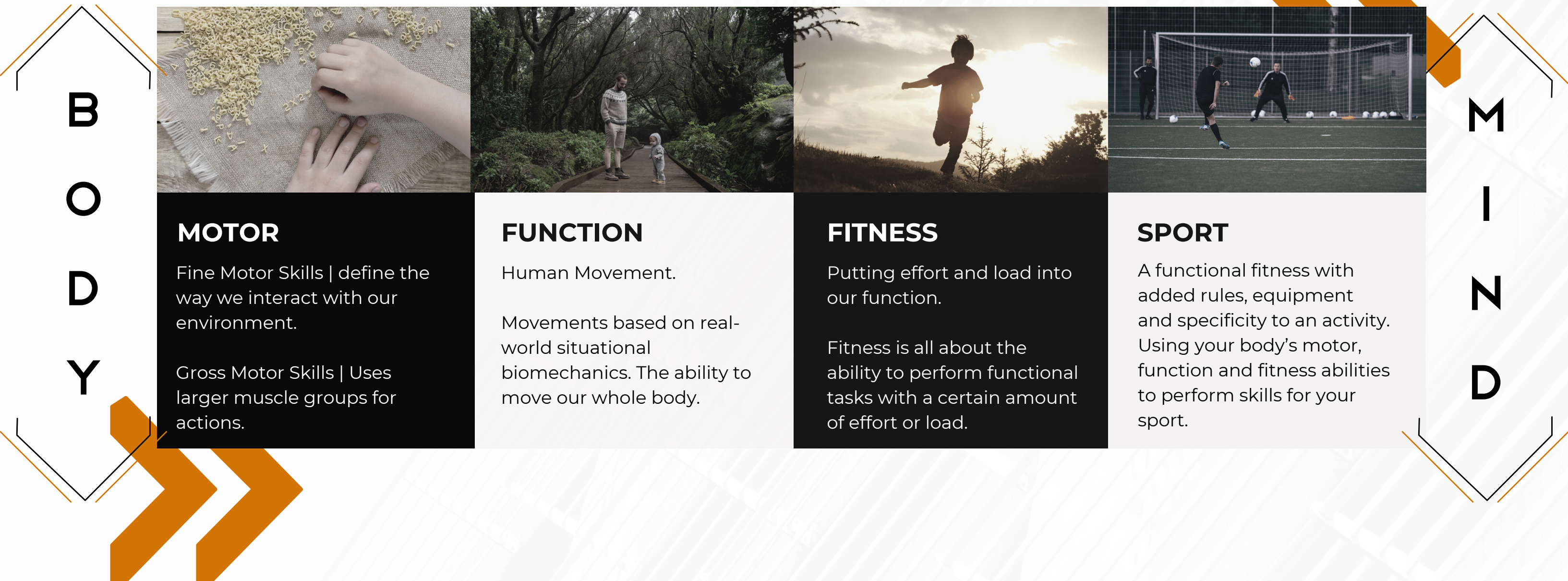
THE GPTQA FLOW



The GPTQA flow has been created from a decade of research and investigation around the fundamental components of physical literacy globally. Our well-being is built on the solid foundation of a stable body and mind, two pillars of a bridge if you like. When our body is injured, our mind is under stress and similarly when we are anxious our body will not perform at its most efficient.

Our body can be tracked through assessing posture, composition, measurements and awareness, the “static you”, while our mind is assessed through other primitive components including cognition, psychology and sociology.

With a stable body and mind we can start to build the physical wellness and like pillars of a bridge, the body and mind act as the foundation for our development.



THE IMPORTANCE OF WHY

PREVENTION & LONGEVITY

When we start building foundations for movement integrity, and components of health at a young age, correctly, we are developing an insurance policy. You have the ability as teachers, coaches and mentors to pave a path for your students to train for life. You are providing education, understanding, awareness, resources and access which is extremely powerful.

You are giving them tools for success and empowerment beyond the classroom.





THE DIFFERENCE



BASELINE

Through movement screens, functional assessments and fitness testing we establish a foundation and understanding of what the individual is capable of.

Knowing the purpose helps us make better decisions and gives perspective on the individual's current movement status.



FILTER


Not everyone needs the same level of intervention so we have the ability to direct each individual through the right stream based off their assessment.

 GREEN ZONE |

No pain or dysfunction, continue with development and living life. Check in for tracking and reassessments.

 AMBER ZONE |

Some asymmetries found within the body and 'weak' links to bridge.

 RED ZONE |

Individuals who need one to one support from an allied health practitioner and guidance targeting pain, dysfunction, injury and mental health.



INTERVENTION

Based off the first two phases and movement ability of the individual we can provide :

1. Digital health services.
2. Exercise Physiology support with direct referral to Allied Health network.
3. Workshops, resources and online education.
4. Secure data platform to track health and wellness.



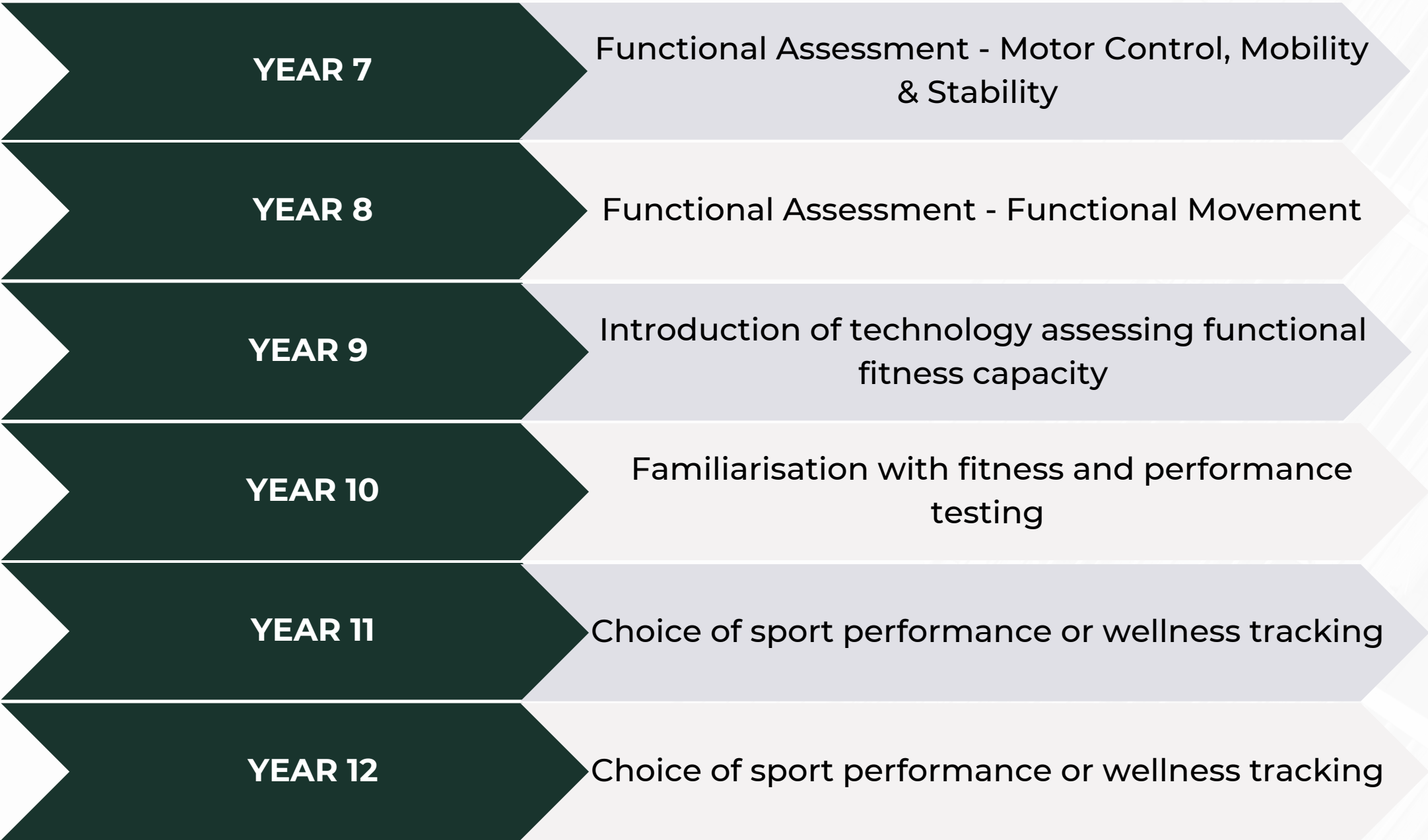
RE ASSESS

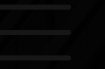
Tracking and reassessment play a vital role.

Having real, accurate data helps create purposeful programs. It provides structure and direction and comparing results helps us understand if we are being effective or not, allowing us to adjust accordingly.

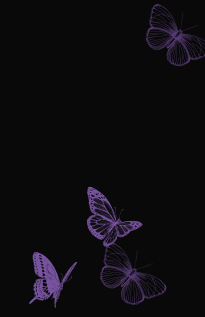
WE PROVIDE A SOLUTION AND SUPPORT FROM START TO FINISH

WELLNESS TESTING THROUGH THE YEARS





THE IMPACT



OUR TRIBE

Our Staff

All staff are trained in inter and intra tester reliability through the independently evaluated GPTQA accreditation system to ensure confidentiality and consistency at all times. Each staff member has a Working With Children Check and most are also first aid trained.

OUR CONTACT

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