



All Routines Approved

- ✓ Doctor
- ✓ Physical Therapist
- ✓ Occupational Therapist

**1300+ Routines, 500+ Hours of Content**  
**3 Levels of Intensity for Progression**

**Bed, Chair, & Standing Exercises**  
**Adaptive Series**  
**Neurobics/Memory**  
**Workplace Routines**  
**Yoga, Pilates, Dance, Tai Chi**

# Something for Everyone

FunAndMoving.com

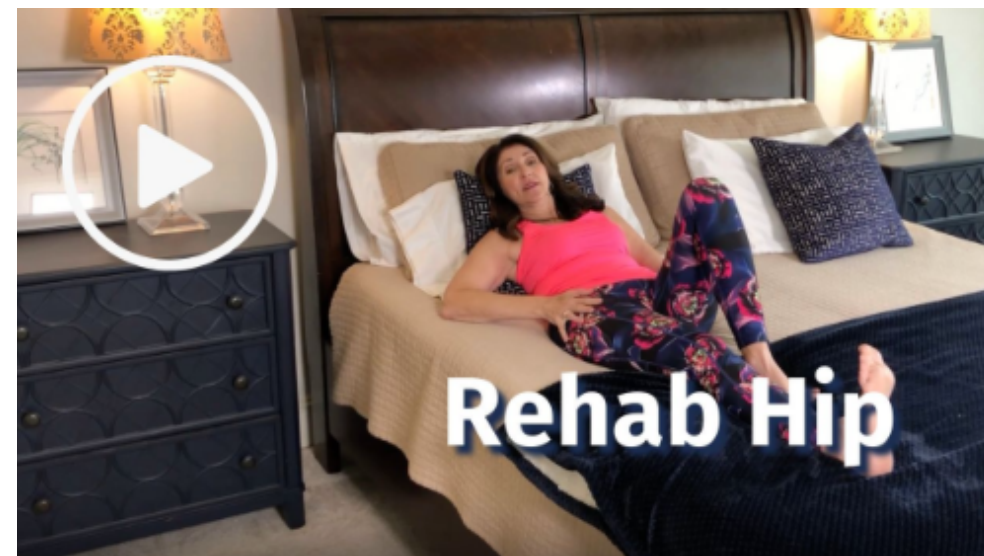


- **Never Need Equipment**
- **Never Get Down on the Floor**
- **Removing Barriers to Entry**
- **Access for All**

# Physical Therapy & Rehab Series



Average National cost of Physical Therapy is \$90-\$250 per visit



Affordable Physical and Occupational Therapy

# Ease of Use

Accessible from all devices

# Tech

Roku, Amazon Fire, Samsung, LG, Apple TV, Google TV, iOS and Android Apps, Smart Watches, Smart TVs, Tablets, Bluetooth Devices

