



Hello everyone!

I wanted to welcome you to the Men's and Women's Strength and Movement Foundations class. I am glad you've taken the first step to join us.

First, please take some time and recognize yourself for embracing the courage to get outside of your comfort zones and starting. Starting is always the hardest step and you deserve to be recognized for it!

Secondly, I know that many of us are coming from a variety of backgrounds. Some of us have never strength trained before, while others are coming back after long hiatuses: parenting, the pandemic, or injuries. I recognize this and I want to reassure you that this class is not a 0-60 MPH in under 5 seconds type of class. Just like a good architect's priority is to make a solid foundation to build upon, we need to set a good foundation of movement before we can build on top of it. This class is about teaching the basics, learning the fundamental movement patterns, and setting a sturdy foundation for our bodies to grow from.

Lastly, I look forward to journeying with you. Whatever, your goals may be, we're in this together. I'll celebrate your wins with you, acknowledge you in your struggles, and commit to be the coach in your corner for the next 8 weeks.

If you have any questions, please let me know. I'm here for you!

Reach out to me anytime: iyoon@evergreenpt.net

Slow and Steady,

Isak



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