SEVEN MOVEMENTS

SENIOR CARE PARTNER PROGRAM

EXECUTIVE LEADERSHIP BRIEF & PROGRAM OVERVIEW

21 minutes a day.

Transform resident vitality & protect your care team.

Seven Movements brings world-class movement coaching directly into your common room. Research-informed alongside academic partners at the University of British Columbia and McMaster University, our daily 21-minute "movement snacking" curriculum bridges the gap for non-movers—building resident confidence, reducing fall risks, and supporting staff wellness

HOW IT WORKS

Frictionless & turnkey

Every weekday, we stream two live, concurrent 21-minute Zoom sessions tailored to different mobility levels.

RESTORATIVE

The Anchor Track™

100% seated and supported for wheelchair-bound, post-stroke, or high-fall-risk residents.

"Preserving Dignity, Motion, and Comfort Every Day."

AUTONOMY

The Momentum Track™

Standing and dynamic movement for ambulatory seniors building balance and independence.

"Building Balance, Confidence, and Independence."

Plug & play setup
Connect any laptop or Smart TV in your common room. No special equipment or complex IT integration.

24/7 on-demand library
Missed a live session? Every class is cataloged instantly for replay whenever it fits your activity schedule.

UPSKILLING YOUR TEAM

Certified Health Leaders

No need to hire expensive outside kinesiologists. We train your existing care staff, activity aides, or volunteers through a 4-hour live virtual certification.

Advocates, not coaches

Our master instructors handle all the coaching and pacing on screen. Your Health Leaders simply host the session, encourage residents, and build a positive movement culture.

Staff retention & protection

Unlimited access to self-guided 30-Day Staff Injury Prevention Protocols (back pain, desk work, and transfer protection) to keep your care team safe and energized.

INCLUDED IN THE LAUNCH OFFER

What's included in the partnership

- **52-Week Live Dual-Track Curriculum**
  Mon–Fri live 21-min Anchor & Momentum sessions
- **24/7 On-Demand Video Vault**
  Replay any class whenever your schedule allows
- **Unlimited Certified Health Leaders**
  4-hr virtual training ($250/person fee waived)
- **30-Day Staff Injury Protocols**
  Back, desk-work & caregiver recovery tracks
- **10 Annual Family Passes**
  In-home memberships to gift ($6,000 value)
- **Certified Home Marketing Kit**
  Co-branding as a Certified Movement Home

EXCLUSIVE FOUNDING PARTNER LAUNCH SPECIAL

The Premium Suite at the Standard Rate

The first 100 facilities unlock the complete Premium Suite ($3,000/year) at the Standard Annual Facility Rate of $1,800/year—locked in for life.

Less than $5.00 a day for your entire community.

Premium Suite ~~$3,000~~

$1,800 /year

LOCKED IN FOR LIFE

Ready to elevate your care standard next week?

Schedule a 30-minute leadership briefing or launch a 30-day trial in your facility.

sevenmovements.com team@sevenmovements.com Up and running within 7 business days