

PERFORMING AT YOUR A-GAME:
Enhanced Performance Through Self-Care

Therabody
University

The Therabody EcoSystem



There is no one-size-fits all for Wellness

Everybody is different. Different needs, preferences, lifestyle, and schedule. Therabody's portfolio provides solutions that can help everyone.

To help everybody a broad portfolio is needed. Therabody can pride itself on having solutions that are:

- Active: require energy and focus to use
- Passive: can be used while multitasking
- Targeted: can be used on the exact area you need it most
- Global: provide whole body or large area benefits
- Consumer-based: for anyone
- Prosumer-based: for the professional use



Our Mission

Theragun University

We will educate to empower people to feel better and be better, naturally.

Through the implementation of Theragun Percussive Therapy into your own life and the lives of people you work with, our goal is to help as many people possible.

- We believe in optimizing quality of life through professional-grade: education, programming, and products.
- We create and deliver evidence-based professional education experiences for personal trainers, medical practitioners, and licensed massage therapists.



WHY is this
topic important?



The Facts: *We are facing an unprecedented health crisis!*

- Globally: (health disparities, fear and increased ethnocentrism, Air/water pollution- 2019 #1 per WHO)
- United States: (increased mental health crisis, increase in substance abuse, increase in deconditioning disease, increase in health disparities)
- Our community: (attrition rates, burnout, adaptation challenges, job loss, injury)

Session Objectives

By the end of the session you will:

- Understand and be able to discuss the need for self-care and wellbeing
- Define Wellness
- Assess your personal wellness
- Create comprehensive solutions for all environments

The Solution?



Wellness Defined

Wellness is the active pursuit of better - better health, better performance, better recovery, a better body.

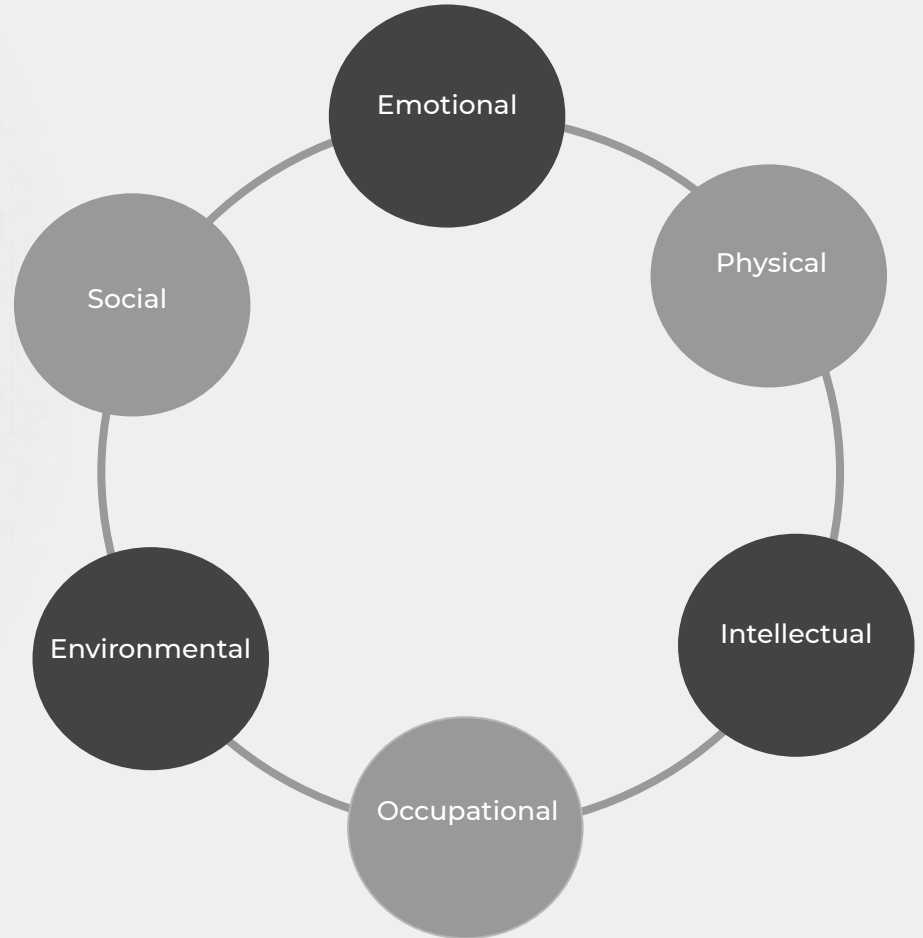
However, wellness is an overused and misunderstood word - people forget that wellness requires action, not just a definition and a conversation. The biggest barriers to real wellness are often not understanding what action is needed, how to execute it, and not being able to identify ways to make that action a priority and simple to complete in our busy lives.

Therabody realizes this and as a company is committed to providing solutions to help **everybody take control**.

Therabody University was built to amplify the power of education, to help everybody understand why and how they should take action.



Domains of Wellness



Your Wellness- Breakout

- Strengths
- Weaknesses
- Opportunities
- Threats



Principles for Self-Care

- Sneak in the Reps
- Consistency is better than intensity
- Sometimes, it's not what you do, it is what you don't do that matters
- Leverage Technology



Wellness in Your Practice- Breakout



Recap

Review:

- Understand and be able to discuss the need for self-care and wellbeing
- Define Wellness
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Q&A



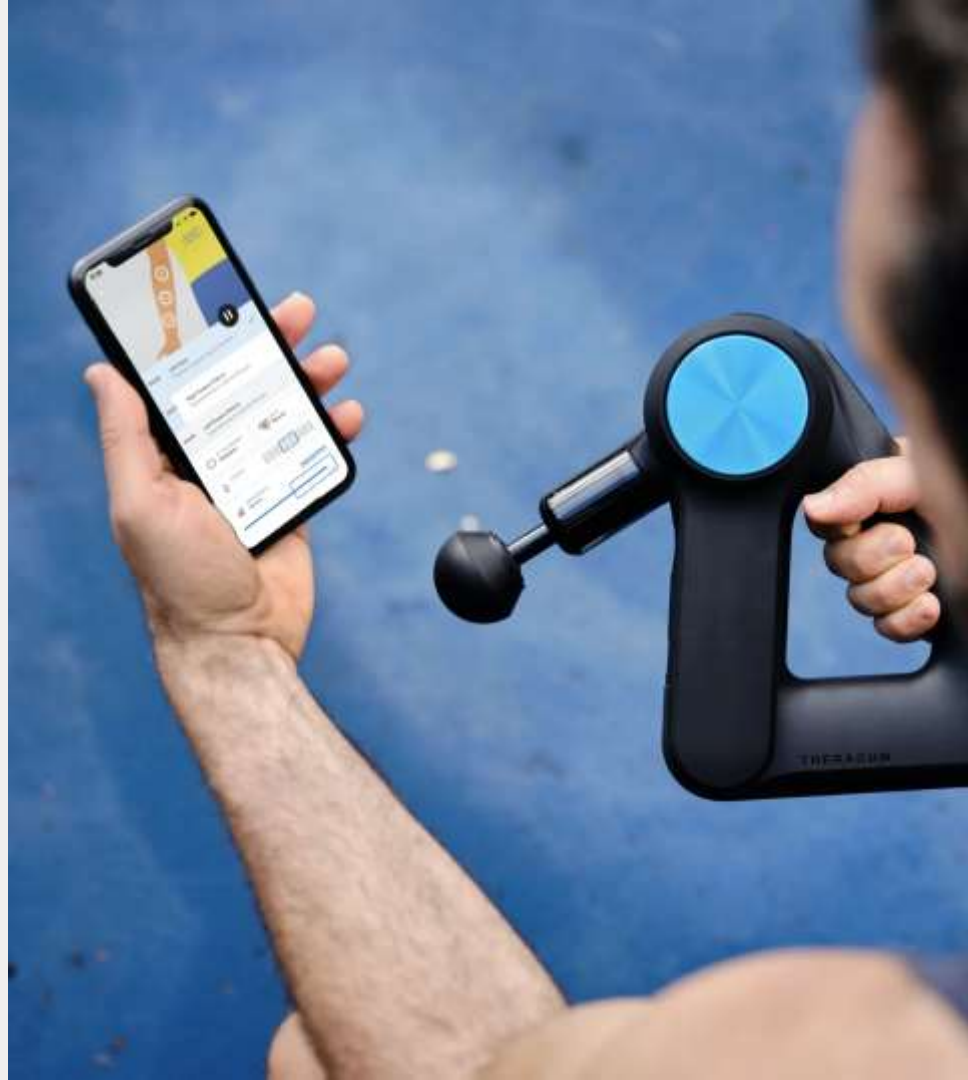
The App That Gets You, Learns from You, and Guides You

Introducing the Therabody App

As humans, we are continually changing. Your body won't feel the same every day, so neither should your recovery routine.

The Therabody app is an essential companion to any Theragun product. Our priority is to always deliver the most customized, advanced, and personalized programs and user experience.

The Therabody app integrates with Apple Health, Google Fit, and Samsung Health to learn from your activity and deliver personalized suggestions around how to use your Theragun products to benefit your muscles and optimize your daily experiences.



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200 & 300 Series Courses - Provide individuals the next level Theragun Percussive Therapy education specific to their Profession.

Following completion of these four-hour courses you receive a certificate of completion as well as continuing education credits (NASM, AFAA, PTA Global, ISSA, CanFitPro, CSCCa, NCSF, CIMSPA, NCBTMB, MTA, BOC, CMMOTA, ACE, PACE; varies by course type). The courses build upon the Foundations 101 and cover in detail how Theragun Percussive Therapy can support the performance, recovery, and well-being of specific activities and populations.

- 201 – Performance Specialist Course
- 202 – Licensed Massage Therapist Course
- 301 – Practitioner Course

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