You guys know how fabulous (and mind-blowing) Katy Bowman and her work is right? (If not, this conversation with her is a great primer!) As a best-selling author, speaker, and a leader of the Movement movement, biomechanist Katy Bowman is changing the way we move and think about our need for movement. Her eight books, including the groundbreaking Move Your DNA, have been translated into more than a dozen languages worldwide. Basically, she’s a movement badass. And, with a new book — Grow Wild: The Whole-Child, Whole-Family, Nature-Rich Guide to Moving More — on the way later this spring (more on that in a bit — plus a giveaway opp!), she’s turning her attention to how we can all make small adjustments to our environments (houses, clothing, classrooms, even celebrations) for more movement. After a year of online learning and screens for gatherings, gosh knows, we can all agree that we could use a little more time outside moving! Definitely pre-order her book now for more (you’ll get all kinds of goodies like a printable checklist, a ticket to her live online book launch party and Q&A, and a chance to win a one-on-one consult with Katy if you preorder this month), and read on for her 13 fun and unique ideas on how to get moving with your fambam. Read to the end to be entered to win a copy of her new book, too! We are so thrilled to be giving away a copy of Katy’s new book! Enter below or click here. A huge thanks to Katy Bowman for the tips and the giveaway! And, tell us: what will you do to move more with your family today? Gwen has been begging me to make lemonade from scratch, so this seems like a sign to do it! —Jenn FTC disclosure: We often receive products from companies to review. All thoughts and opinions are always entirely our own. Unless otherwise stated, we have received no compensation for our review and the content is purely editorial. Affiliate links may be included. If you purchase something through one of those links we may receive a small commission. Thanks for your support! Useful post Thanks for sharing it that’s truly valuable knowledge about similar topic. Amazing. Have a more successful day. Amazing write-up always finds something interesting. Combining movement and nature…one of my favorites things! My children have all left the nest, but I’ve spread the word on social media. Love it. Thank you! 🙂 –FBG Jenn These sound awesome. Keep up your great work. Such a great blog and simply best describe. Thanks for share it. Excellent read, really positive. Thank you for sharing such a good blog with us. Thank you very much for sharing valuable Article.