guys know fabulous mind-blowing Katy Bowman work right conversation great primer best-selling author speaker leader Movement movement biomechanist Katy Bowman changing way move think need movement eight books including groundbreaking Move DNA translated dozen languages worldwide Basically ’ movement badass new book — Grow Wild Whole-Child Whole-Family Nature-Rich Guide Moving — way later spring bit — plus giveaway opp ’ turning attention make small adjustments environments houses clothing classrooms even celebrations movement year online learning screens gatherings gosh knows agree could use little time outside moving Definitely pre-order book ’ get kinds goodies like printable checklist ticket live online book launch party Q chance win one-on-one consult Katy preorder month read 13 fun unique ideas get moving fambam Read end entered win copy new book thrilled giving away copy Katy ’ new book Enter click huge thanks Katy Bowman tips giveaway tell us move family today Gwen begging make lemonade scratch seems like sign —Jenn FTC disclosure often receive products companies review thoughts opinions always entirely Unless otherwise stated received compensation review content purely editorial Affiliate links may included purchase something one links may receive small commission Thanks support Useful post Thanks sharing ’ truly valuable knowledge similar topic Amazing successful day Amazing write-up always finds something interesting Combining movement nature…one favorites things children left nest ’ spread word social media Love Thank 🙂 –FBG Jenn sound awesome Keep great work great blog simply best describe Thanks share Excellent read really positive Thank sharing good blog us Thank much sharing valuable Article