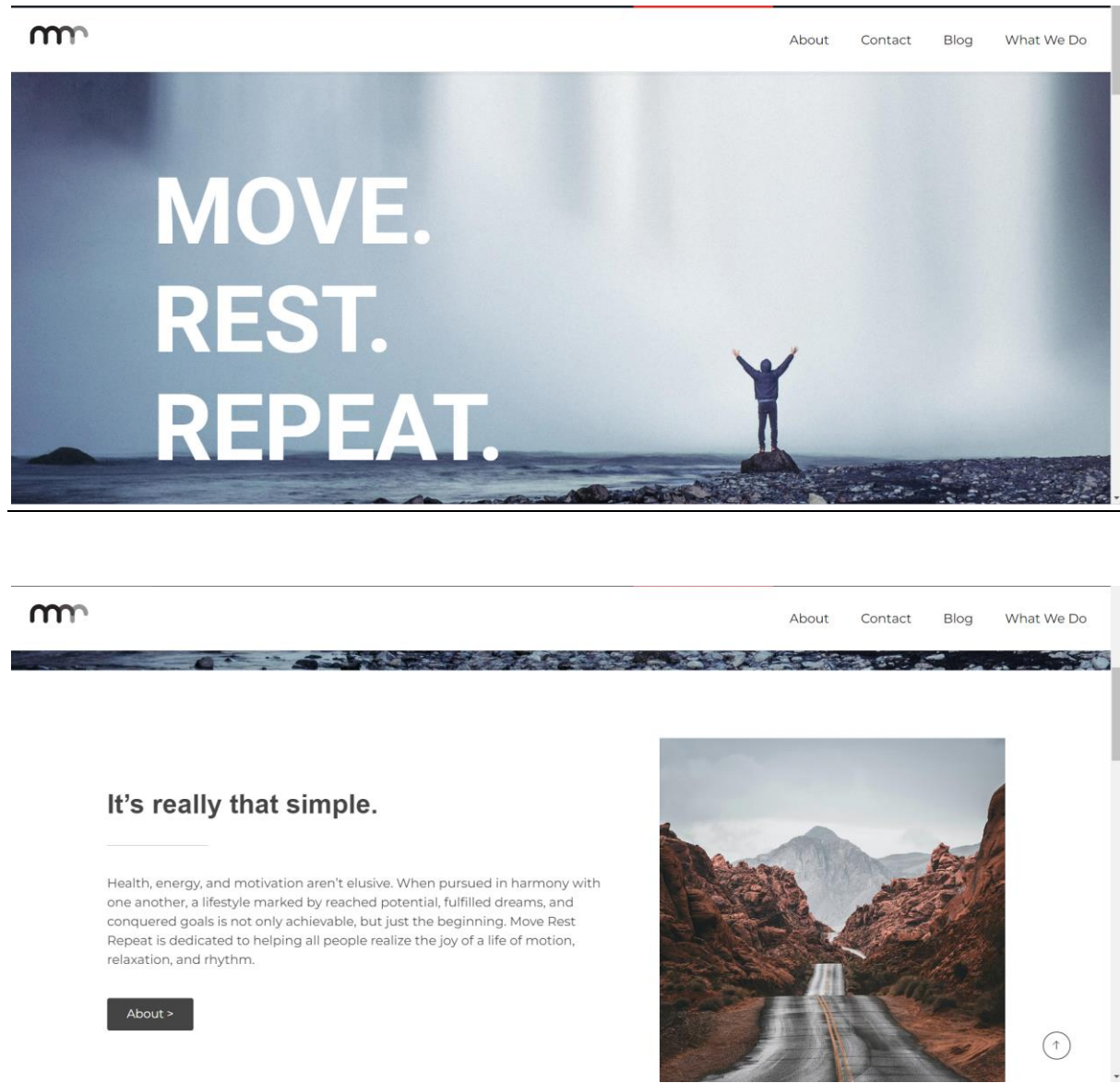


'Move Rest Repeat' Website using Wordpress

Home Page:





Moving is the core element of a healthy lifestyle. It doesn't matter what you eat, where you live, or what you do, if you aren't regularly in motion, your body won't reach it's potential.



Resting may not seem glamorous, but both your physical health and mental health depend on a body that experiences regular rest – and that doesn't just mean more sleep.



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Repeating healthy activities is what really gives your body an edge over the competition. When you establish a rhythm of healthy practices in life, you'll discover a whole new you.

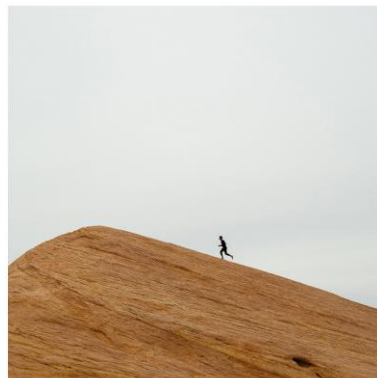
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March 18, 2023 • by Apurv • Exercise / Edit





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"Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need.
You may expect to be well."

– James Freeman Clarke

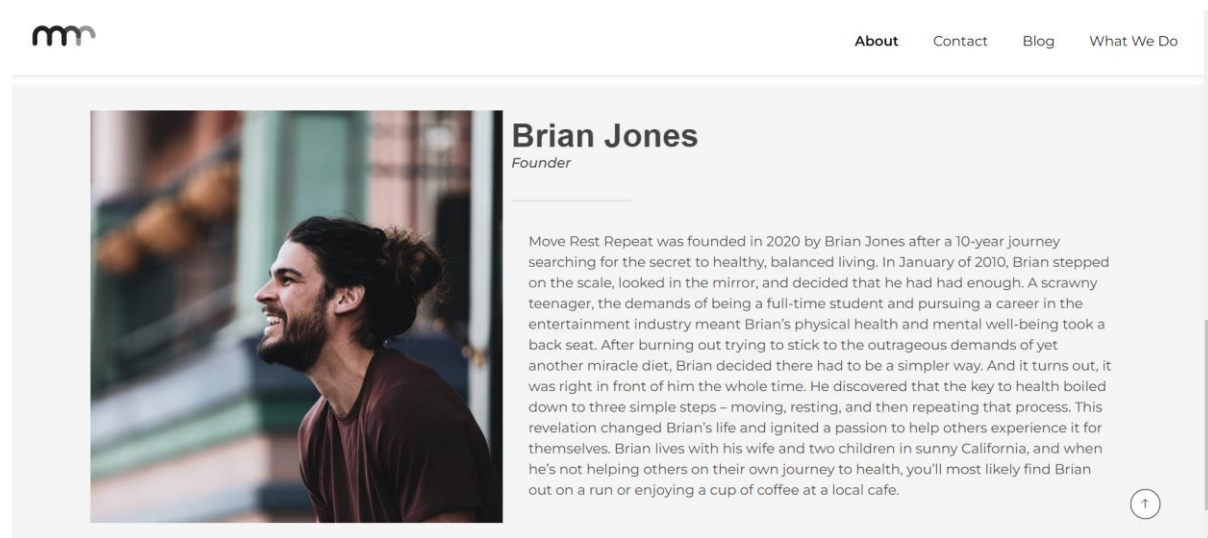
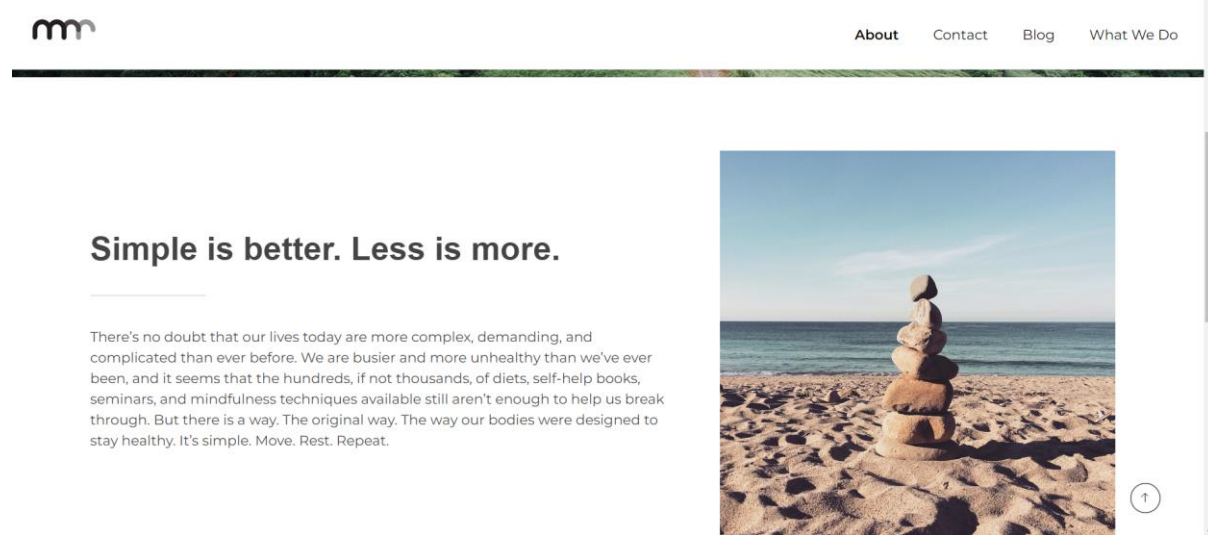
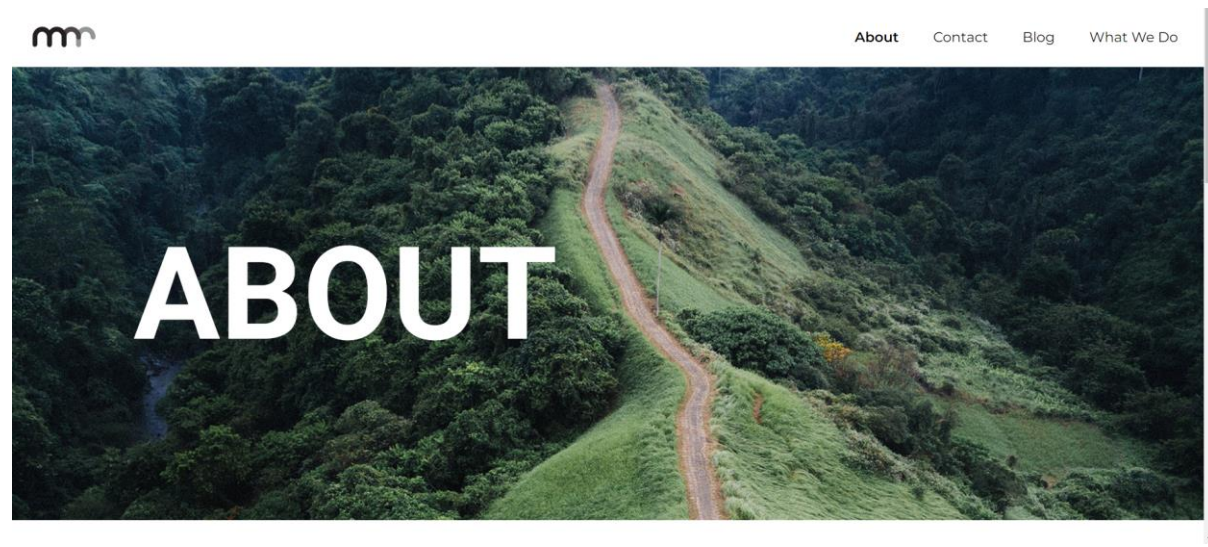


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About Page:





Brian Jones

Founder

Move Rest Repeat was founded in 2020 by Brian Jones after a 10-year journey searching for the secret to healthy, balanced living. In January of 2010, Brian stepped on the scale, looked in the mirror, and decided that he had had enough. A scrawny teenager, the demands of being a full-time student and pursuing a career in the entertainment industry meant Brian's physical health and mental well-being took a back seat. After burning out trying to stick to the outrageous demands of yet another miracle diet, Brian decided there had to be a simpler way. And it turns out, it was right in front of him the whole time. He discovered that the key to health boiled down to three simple steps – moving, resting, and then repeating that process. This revelation changed Brian's life and ignited a passion to help others experience it for themselves. Brian lives with his wife and two children in sunny California, and when he's not helping others on their own journey to health, you'll most likely find Brian out on a run or enjoying a cup of coffee at a local cafe.



Contact Page:



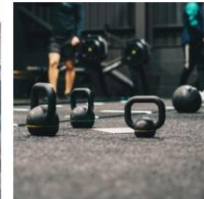


Let's Chat!

We love meeting new people and partnering with individuals, businesses, magazines, and other media platforms to spread the good news of balanced, healthy living! If you are looking for one of the following (or just want to say hey or ask a question!), fill out the form below and someone will get back with you!

Your name

Your email



will get back with you!

Your name

Your email

Your message



Reach out to learn more about...

- + Partnering with Move Rest Repeat individually or as a business
- + Hosting a Move Rest Repeat workshop for your company
- + Booking Brian for a meeting, event, podcast, or keynote speech
- + Other Move Rest Repeat partnership opportunities

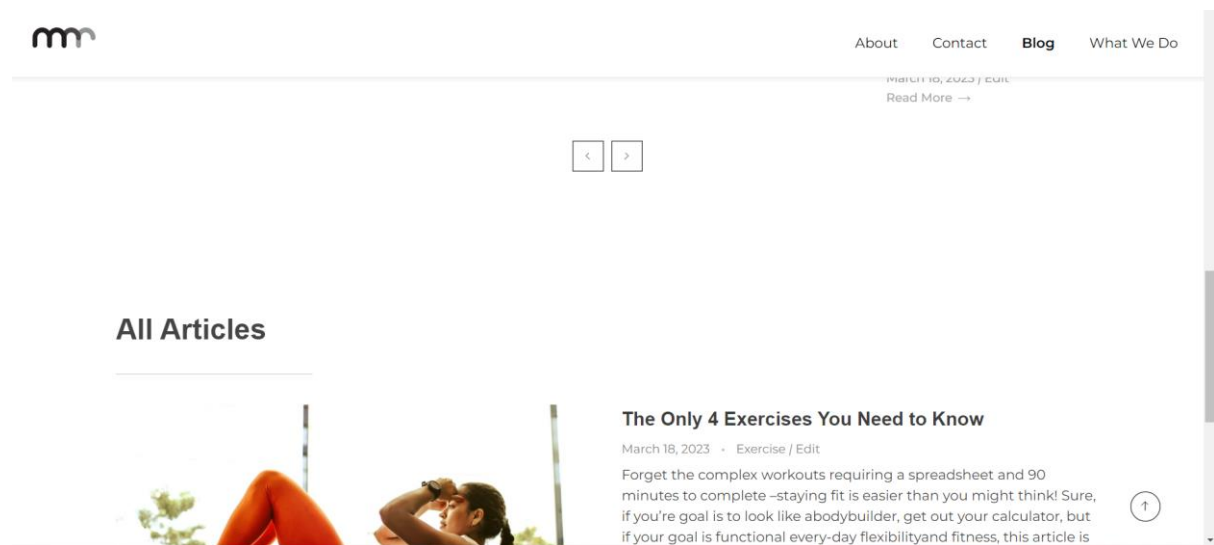
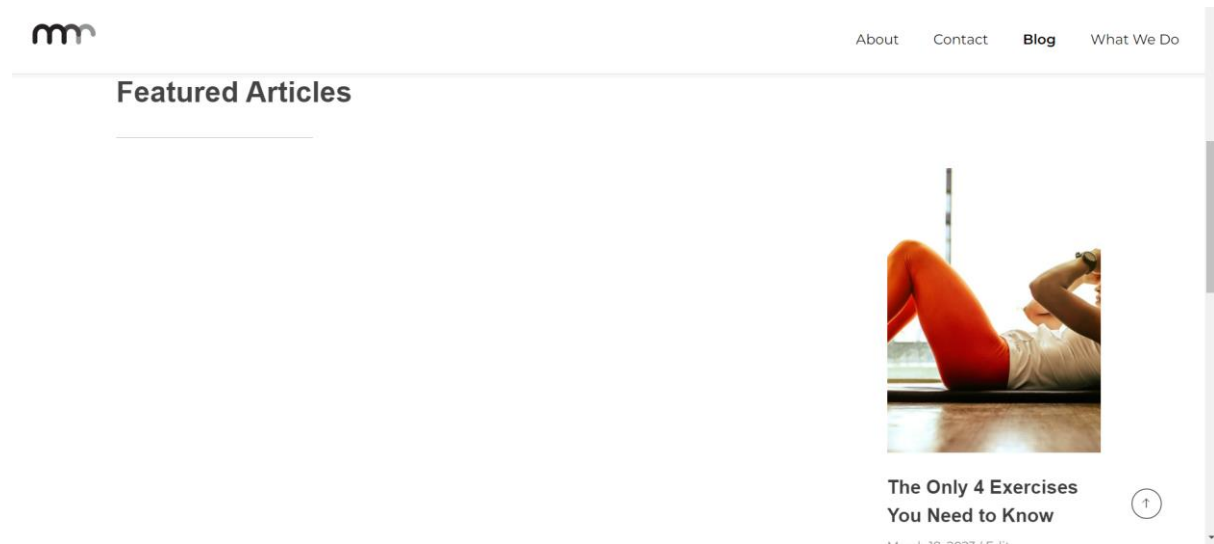
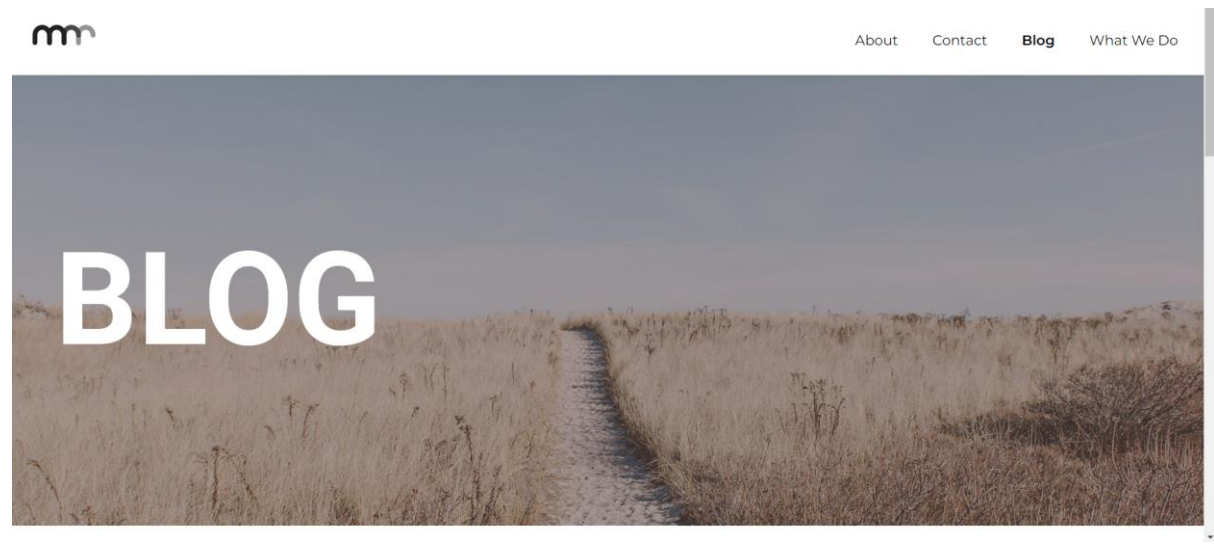


Submit >

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Blog page:





All Articles



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Forget the complex workouts requiring a spreadsheet and 90 minutes to complete –staying fit is easier than you might think! Sure, if you're goal is to look like a bodybuilder, get out your calculator, but if your goal is functional every-day flexibility and fitness, this article is for you! Master these four exercises and do them each day to stay mobile, flexible, and build strength! 1) Push-Up Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut ...

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What We Do Page:



WHAT WE DO



01 — TRAIN



Movement, rest, and motivation are the core elements of a healthy lifestyle, both mentally and physically. For many people, the only thing keeping them from experiencing the benefits of these things is the lack of a concrete plan and the confidence that what they are doing will actually help them achieve their goals. Move Rest Repeat partners with individuals, groups, and entire companies to teach simple, sustainable rhythms to achieve lasting health, peace, and energy.

— Fitness Bootcamps

Whether it's a private training session, an on-campus bootcamp for your team, or a field-trip to our state-of-the-art gym downtown, we guarantee you'll break a sweat and learn a ton about the power of moving! Reach out today to schedule a training session or learn more.

+ Healthy Life Workshops

+ Wellness Consulting



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+ Fitness Bootcamps

— Healthy Life Workshops

Healthy Life Workshops are the complete Move Rest Repeat experience, and offer attendees the opportunity to learn the secrets behind the "Big 3" and explore incredible breakout sessions on everything from healthy meal prep and sleep habits to goal-setting and working out from anywhere! Contact us to learn more about hosting a workshop in your area!

+ Wellness Consulting



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It's scientifically proven that healthier people work harder, make their communities better, and enjoy life more. Our wellness consulting services are designed to help you and/or your team maximize every corner of your well-being so you can reach your full potential. To learn more about how we partner with individuals and businesses, reach out below.



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02 — RESOURCE

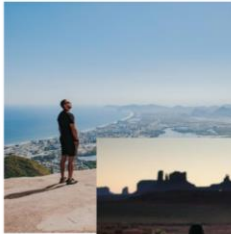
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02 — RESOURCE

Learning and growing, both physically and mentally, are keys to maintaining a healthy lifestyle. There's also a lot of information out there, and it can be hard to figure out where to even start. We are dedicated to joining you on the journey to health by curating and creating resources across three different platforms to deliver you timely, high-quality content that ACTUALLY HELPS.

[Blog >](#)[Podcast >](#)[Youtube >](#)

[Blog >](#)[Podcast >](#)[Youtube >](#)

03 — MOTIVATE

Staying motivated requires daily effort, and let's be real – can be a challenge! As the old saying goes – we're better together, and that's the thought behind Move Rest Repeat Challenges. Each year, we facilitate 50 weekly challenges, and 12 monthly challenges that will help you move more, rest more, and stay motivated! Throughout each challenge, you'll be able to track and share your goals, while also encouraging other participants to do the same. Follow us on social to join in on the fun!



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