



MY POSSIBILITIES

LEARN LIVE GROW



Creating a positive and fun relationship with fitness, hard work and mental/physical health. We relentlessly pursue a change in daily habits to inspire others; becoming the health-conscious change we want to see in the world.

MP in Motion is a workout program designed to educate and encourage Hugely Important People (HIPsters) to lead an active, healthy lifestyle. The MP fitness program is led by Cooper Institute Certified Personal Trainer, Jessie Poku. In each class offered, Jessie focuses on exercise through laughter, fun and hard work.

At MP, knowledge and performance are gained by the willingness to work hard and by the relentless spirit of our HIPsters.

+ BENEFITS

- Builds self esteem and positive energy
- Improves social interaction, focus and daily function
- Weight loss
- Reduces anxiety
- Provides appropriate release of energy
- Increases daily production and life expectancy
- Decreases possibility of health risks (Diabetes, chronic heart failure, stroke, obesity, etc.)

Hannah [has increased her] sense of self awareness with motion; yoga, weights, and walking the dog she now initiates on her own.





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WHAT WE OFFER

GROUP SESSIONS

Monday – Friday mornings
50–55-minute sessions
One – three sessions per week

SEMI-PRIVATE SESSIONS

Monday – Friday, mornings and afternoons
45-minute sessions
One – three sessions per week

- Group and semi-private sessions focus on each individual HIPster's needs
- Nutrition and food intake discussion each session
- Monthly calls and videos to keep caregivers up-to-date with program exercises
- At-home exercises
- Access to MP in Motion YouTube channel and Facebook page
- Assessments included every 90 days

PRICING

Contact us for scheduling and pricing.



Michael has kept his weight down for years thanks to you all, so thanks so much!



Luisa will work out with you when she would never work out with us. I think being part of a peer group has given her the confidence to work out. Luisa's fitness level has improved since joining MP in Motion. Luisa's self confidence has improved, and she takes pride in wearing her MP in Motion shirt. She really loves her trainers.



[Our HIPster has learned how to] exercise, make better choices with foods, be accountable, interact with others, and feels good about herself.

IT'S HIP TO BE FIT!

For more information, contact Jessie
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