

## BORN TO MOVE FAQs

- 1 Why is LMI making this change?**

BORN TO MOVE was developed over five years ago as a result of our mission to create a fitter planet - to help children develop positive physical habits. Together, we want to inspire young people to fall in love with physical activity. We acknowledge we haven't made BORN TO MOVE easy enough for our instructors and club partners in the past. Making this change is the start of how BORN TO MOVE will become more accessible, helping us reach children everywhere.
- 2 How much is this going to cost?**

Each release will cost the normal retail price of a release. So the cost of purchasing all five age groups will now be the equivalent of purchasing two Instructor releases.
- 3 When will these new releases be delivered?**

The next release (BORN TO MOVE 16) will be delivered in the new format.
- 4 How will this affect my BORN TO MOVE Certification/s?**

It won't! Your current Certification/s will remain the same. The only change you may see is if you currently only purchase one or two age groups, you will now receive more content within your new release.
- 5 What does it mean that the programming is 'flexible'?**

Not every group of children is the same and we need to be flexible in our approach to delivering the program. The new structure includes guidance on how to be flexible with the tracks chosen for each class, so that every BORN TO MOVE experience is unique and appropriate to that specific group.
- 6 But aren't the programs split into developmentally appropriate age groups - now that it's bundled together is the science behind the age groups redundant?**

The science behind BORN TO MOVE and the specific age groups remains relevant. Each track will be noted as suitable for a specific age group only, or 'recommended for the relevant age group and possibly suitable for other age groups'.
- 7 And what about the music – aren't there tracks not suitable for different ages within one bundle?**

We carefully select every music track to ensure each song is appropriate for the age group/s it's in, and we'll provide clear guidance on this.