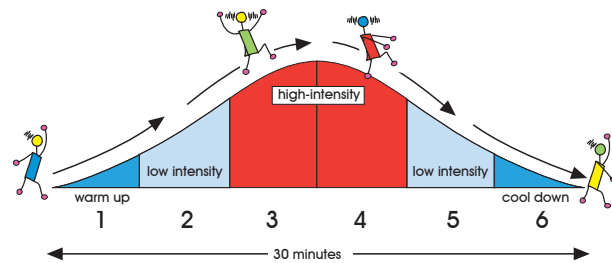


## The Bell Curve



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### Bell Curve: The Medical Basis of the Smartmoovz Products

One of the most important goals at smartmoovz is good health through fun and education. Smartmoovz has built its foundation on the basics of medicine, fitness, fun and family values.

All of the smartmoovz programs are safe and have been designed and endorsed by qualified medical and fitness professionals. They can be tailored to fit any fitness level, and are completely scalable to promote individual motivation at just about any level of ability.

For example, the 30-minute activity programs (VHS/DVD series, television programming, fitness programs and special events) are based on a bell curve that is divided into six phases - the proper technique that begins with a warm-up phase, increases in intensity through two phases, decreases in intensity to mirror the first half of the program, and then finishes with a cool down phase to prevent injury. All of the activities are low-impact activities, meaning that one foot is kept on the floor at all times.

The bell curve is the basis for all smartmoovz programs in order to prevent injury and maximize the effects of the activities performed.

### Customizing Your Workout: (DVD or VHS)

It is true that not every individual can perform all fitness programs. The founders of smartmoovz, Katie Hart, RN and Kris Burnett, strive to create activities that accommodate just about any fitness level, from beginning to more advanced abilities.

One unique benefit of the smartmoovz programs is that they are scalable, meaning that a participant can begin at his or her own pace by doing certain portions of the workout until he or she is able to work up to the full program.

Individuals of just about any fitness level should be able to perform all of the activities in the full 30-minute program, but for those participants wanting to build up endurance slowly, several options are available. Participants can start with level one (or any of the other four levels), and can build up to the full program (level five). The first level includes a 5-minute warm-up and a 5-minute cool-down for a total of 10 minutes. Each level thereafter increases in length and intensity in 5-minute increments.

For additional information, visit us at  
[www.smartmoovz.com](http://www.smartmoovz.com)