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# Back-to-basics fitness firm goes back to nature

By Dominic Musgrave

A BACK-TO-BASICS fitness company has joined forces with a like-minded exercise company to drive their philosophy of achieving results through nature.

Wildfitness, which offers holistic holidays for people to move and live the way they would have done thousands of years ago, has just completed the first coaches training programme for six of its trainers in Kenya with MovNat founder Erwan Le Corre.

The company now plans to introduce elements from the approach to all of its courses.

MovNat is a new trend in fitness which aims to take people out of the gym to make broader, faster and safer progress in natural movement.

Erwan said: "What I have put together is a natural movement approach. Our bodies are not designed to be a particular sport specific, but are more designed like animals to survive in nature.

"Nature can be very inspiring,

but society does not encourage us to explore any more, creating what I call 'zoo humans'. Everything these days has to be structured, including fitness, but I am not going to tell people to jump around and then lift some weights, because that is how people get injured.

"This is not about looking fit in the first place, but is more about feeling fit and good. By learning these initial movement skills you don't have the cosmetic agenda in mind, but you have movement instead."

The philosophy behind Erwan's work comes from a French form of training created by Georges Hebert in 1902 called *Methode Naturelle*. After seeing disaster strike an island and an entire population too unfit to save themselves, he developed a training method based on the principle that it is possible to have a high level of fitness without the help of devices or facilities. Erwan added: "The traditional gym struggles to retain its members because many don't go there to enjoy themselves, but see exercise as more of a chore.

"What I teach people is to go back to when they were children and rediscover when it was fun to go out and climb trees or boulders."

There are 12 natural movements incorporated into what I do, and we all have these instinctual movement patterns built into our primal memories.

"Most people need coaching through these movements because they've been disconnected for too long from their true nature."

