

MovNat[®] Media Kit

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[MovNat Workshops](#) - learn MovNat skills outdoors or indoors

[Trainer Certification](#) - MovNat trainer certification begins May, 2012

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What is MovNat[®]?

MovNat is a complete fitness system based on natural human movement skills. Through the practice of MovNat, you learn to move with efficiency and physical and mental confidence. MovNat is adaptable to indoor and outdoor environments, scalable to all fitness levels, from beginner to the elite athlete, and open to all ages. Explore your true nature.

The 13 MovNat Movement Skills[®]

Human beings possess locomotive skills such as walking, running, jumping, balancing, crawling, climbing, or swimming. In addition to locomotive skills, human beings also utilize manipulative skills such as lifting, carrying, throwing, and catching, and combative skills, such as striking or grappling.

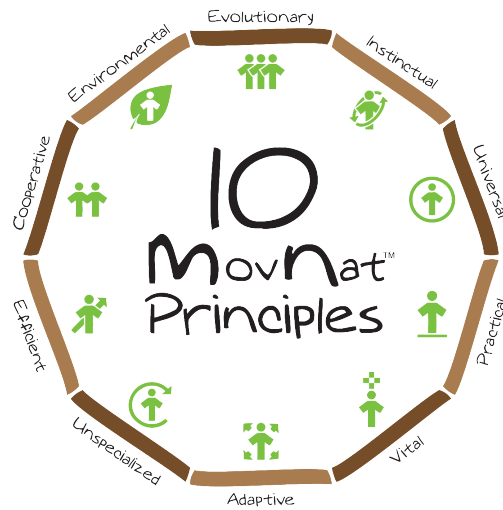


MovNat Movement Skills

The 10 MovNat Principles[®]

We have defined 10 essential principles that support the naturalness of the MovNat approach and practice:

1. Evolutionary
2. Instinctual
3. Universal
4. Practical
5. Vital
6. Adaptive
7. Unspecialized
8. Efficient
9. Cooperative
10. Environmental



The MovNat Pillars

Respect the Laws of Nature

MovNat understands that humans, as with any other animal, need time outdoors in natural light, to breathe clean air, eat healthy unprocessed foods, manage unnecessary stress, and receive adequate sleep. Because any animal unable to move is condemned, MovNat sees it as self-evident that humans cannot maintain health and vitality without natural movement.

Trust Humans' Primal Heritage

Evolution has shaped human physiology, biomechanics, and behavior over the course of several million years. Before the invention of highly specialized sports, humans were movement generalists adapted to a wide range of movements and efforts. MovNat encourages a rediscovery of instinctual movement patterns and skills.

Satisfy Real-World Demands

Modern life has made natural human movements and skills seem optional. MovNat maintains that even a highly civilized world requires a general physical aptitude, because in any given situation specialization could result in failure. Every movement practiced in MovNat training can be linked to a practical application that justifies it.

MovNat and The Zoo Concept

Central to MovNat's foundation is the concept of The Zoo: a modern, global phenomenon resulting from the combination of social conventions, technology, environment, and commercial pressures.^[4]

When an individual is suffering physically, mentally, or spiritually as a result of being disconnected from the natural world and their true human nature, they are said to be suffering from Zoo Human Syndrome. Symptoms may include chronic pain, weight gain, depression, anxiety, or a general lack of energy. MovNat asserts that the modern world makes these symptoms seem normal or even inevitable, but through coaching and rehabilitation, zoo humans can restore vitality and improve movement and performance.

Behind the Scenes Video with Erwan Le Corre

Naturally Fit

By [Jen Sinkler \(@jensinkler\)](#) / [December 2011](#)

By emphasizing functional movement and a reconnection to primal roots, MovNat clinics take you into the woods and help you once again become the animal you are.

Corre Principles

By [Laine Bergeson](#) / [December 2011](#)

Erwan Le Corre, 40, is the founder of MovNat, a forward-thinking approach to fitness that finds its practical inspiration in humanity's primitive roots. Le Corre and his team hold indoor and outdoor workshops around the world where participants rediscover, practice and master the movement skills of their nature-dwelling ancestors. Born in France, Le Corre is considered one of the leading pioneers of the international primal-fitness movement.



MovNat Founder Erwan Le Corre



Erwan Le Corre founded MovNat in 2008. Le Corre, described by Men's Health magazine as "one of the most all-around physically fit men on the planet," incorporates many elements from his background into MovNat.

As a boy, Le Corre's father encouraged him to run, crawl, climb, and jump outdoors. In his teens, Le Corre studied judo and karate, learning discipline and commitment. At age 19, Le Corre was introduced to a hardcore philosophy and lifestyle known as Combat Vital. He trained for 7 years in both natural and urban settings climbing bridges, balancing on heights, and jumping from roof to roof.

At 27, Le Corre struck out on his own to explore other fields, including sailing, Olympic weightlifting, and long distance triathlon. He understood the benefits of all of them, but these experiences confirmed his intuition that a broader approach to movement is healthier and more enjoyable.

Le Corre began researching the history of physical education in Europe. He uncovered several forgotten training methods, including George Hébert's Methode Naturelle, finding many similarities between these approaches and his own.

In 2008, while living and training in Brazil, Le Corre synthesized his knowledge, experience, and principles into the method known as MovNat.

He presented MovNat to NASA in 2010 at Johnson Space Center's Wyle Laboratories. He was a presenter at the first Ancestral Health Symposium, a gathering of scientists and healthcare professionals, in August of 2011. Today, MovNat workshops are held all over the world in places such as Australia, Europe, Africa, Asia, and the US.

MovNat: Learning how to move as we were intended to

By [Vicky Hallett](#) / February 21, 2012

"Under most circumstances, if I did an activity that left me with multiple bruises and such sore muscles that lifting my arms was agony, I'd guess that I'd done something very stupid. But after getting roughed up in Silver Spring earlier this month, I couldn't help but feel smart — or, at least, smarter than the average gymgoer." [\[read the full article\]](#)



Lotus Living, Winter 2011

This is Not Monkey Business

By Corey Seymour / Winter 2011 / [Issue 4](#)

Meet Erwan Le Corre, the natural-movement visionary who will turn everything you know about working out completely upside down [\[read the full article\]](#)



Outside Magazine, Canada, December 2010

The Workout that Time Forgot

By [Nick Heil](#) / December 16, 2010

Will caveman calisthenics be the next big thing for adventure athletes?



Erwan Le Corre seems to defy gravity—and not just because he's French.

I'm standing close by as the 39-year-old movement coach—shirtless, barefoot, and built like Mikhail Baryshnikov—hops up and grasps a wooden bar lashed eight feet off the ground between two stout maple trees. Le Corre dangles calmly from both arms for a moment before swinging one leg up to the side, hooking it over the beam, and—swooop—crouching on top of it and looking down at us... [\[read the full article here\]](#)

The Top 10 Health and Fitness Trends of 2010

By [Outside Magazine](#) / December 21, 2010

1. Similar to barefoot running and the comeback of bodyweight exercises, fitness regimens that imitate what our ancestors were doing when they developed the first stone tools were hot in 2010.
2. Frenchman Erwan LeCorre led the trend with his "MovNat" or move naturally-branded routines. Climbing trees, running barefoot, picking up logs, throwing rocks—it's all a part of paleo fitness. And if you feel you've lost your natural instincts to do such activities or feel stupid doing them alone, you can pay to have someone tell you and a large group of people what to do. Your Paleolithic ancestors would be proud of your effort. Maybe.

Men's Fitness Magazine, UK, March 2012

As Nature Intended

By [Men's Fitness UK](#) / March 2012

The MovNat fitness philosophy is all about training to be ready for the real world. *MF* joins master trainer Vic Verdier to learn the ropes.

[\[view PDF here\]](#)



Men's Health, Healthy For Men (UK), July 2011

Titan of the 21st Century

By Charlie Norton / July 2011

"Barefoot running, tree climbing - the natural fitness movement is taking hold. HFM steps away from the bench press to meet super-strong king, Erwan Le Corre"

Erwan Le Corre is featured in **Healthy For Men UK** in a first-person story about the Paleo movement and MovNat written by Charlie Norton and photographed by Adrian Myers, in which the journalist emphasizes the MovNat philosophy and fitness mantra. [\[view PDF here\]](#)



The Guardian UK, January 2012

Fitness: MovNat-or moving naturally-the new way to get in shape

By [Paul Torpey](#) / January 5, 2012

"The latest fitness craze about to hit the UK is all about using our bodies intuitively - like our monkey ancestors - not slavishly working out for a rippling six pack." [\[read the full article here\]](#)



SouthEast Asia Globe, April 2011

Getting Fit Caveman Style

By [Tate Zandstra](#) / April 18, 2011

"Koh Lanta, Thailand: dial the clock back to prehistoric times and get back to nature's basics..." [\[read the full article\]](#)



Men's Health, March 2009

A Wild Workout for the Real World

By Christopher McDougall / March 6, 2009

"Long before Cybex machines and stationary bikes, men built their bodies in the gym of the jungle. It's time to renew your membership..." [\[read the full article\]](#)



MovNat Videos

MovNat in London



MovNat in Thailand



Train MovNat 5 Days with Us



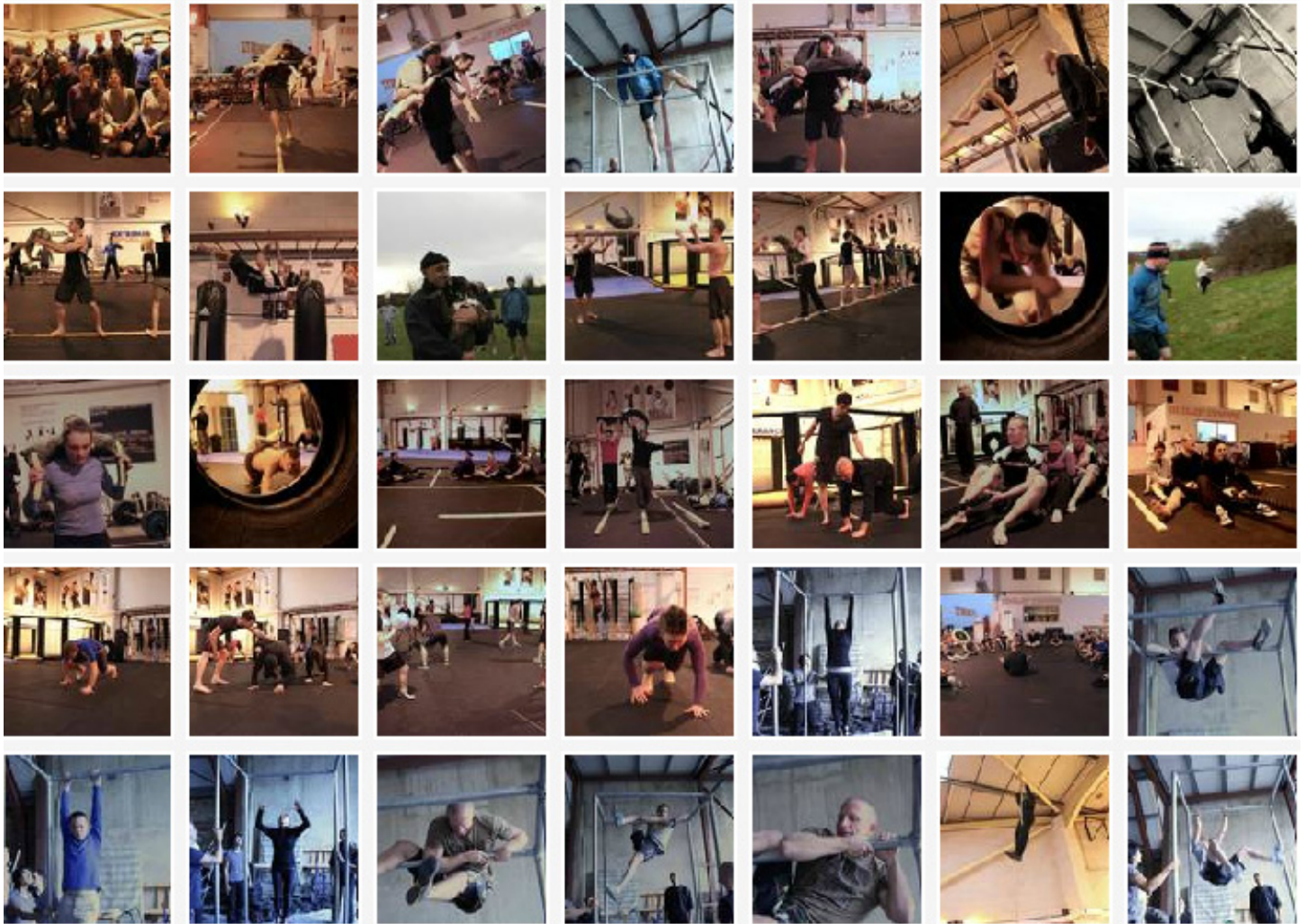
MovNat Indoors at Impact



MovNat is for everyone!



MovNat Workshops Indoors



MovNat Workshops Outdoors



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