

A Better Way to Move

Restore your health with movement training that works with your body, not against it.

[CALL TO ACTION (BUTTON)] [Book Your Free Consultation Now](#)

Movement Integrity looks beyond traditional ideas about fitness and instead restores your health and movement by teaching the different parts of your body and mind to work together. This unique process uses novel movements performed barefoot on unstable surfaces to get you in touch with your body and achieve optimal performance.

How is this different from a traditional approach to fitness? With movement training, instead of targeting individual muscles, your entire body cooperates and organizes to achieve effective and efficient motion. Because this is a much more natural way for your body to function, you essentially are re-training your body to use the right muscles for the right tasks.

What can movement training do for me?

Movement training may be for you if you are looking for something more than what “traditional” fitness offers. Whether you’re a senior wanting to regain mobility, an elite athlete wanting to reduce injury and achieve peak performance, or simply someone looking to restore your body’s movement or posture—there’s something for you here.

The results? You’re going to be better at whatever it is that you do, whether that’s taking a morning walk or finally holding a crow pose in your favorite yoga class.

Movement Integrity uses the Revolution in Motion (RevInMo) methodology, which involves balancing on uneven surfaces, stimulating your brain and forcing you to be present and focused during the exercises. This means you’ll not only become more flexible and toned, with better posture and more explosive power, but you will be more present and mindful as well.

[BREAKOUT BOX] Movement Integrity is a restorative process that can help with:

- Athletic performance
- Injury prevention
- Joint pain
- Foot, ankle, and knee pain
- Hypermobility
- Building whole-body strength
- Muscle tension

- Emotional release
- Pelvic floor strength
- Postpartum recovery

[END BREAKOUT BOX]

About your trainer

I'm Sarah Kesler, your personal trainer at Movement Integrity. I believe your body has the ability to restore its own health and movement. I am going to be your guide to build a mind-body connection to take your fitness to the next level using the RevInMo techniques developed by Dr. Edythe Heus.

I started my movement journey in 2017. At the time, I was heavily into CrossFit, using heavy weights and pushing myself to my limits. I was building a lot of muscle, but it wasn't balanced. At the same time, I felt my body was beginning to break down due to the intensity of CrossFit.

I started training with a RevInMo trainer, and it totally changed my life and the way I approach the idea of fitness. The way the movements are organized made me feel not only physically better, but also felt it helped me organize my body, creating mindfulness, awareness of movement and motion, stability, and increased performance.

The results I experienced were so life-changing that I felt I *had* to share RevInMo with others. I've since gained RevInMo certification as a Level 2 trainer as well as the Women's Pelvic Floor certification, and I train clients at my private studio in Passaic, New Jersey.

Outside of the studio, my favorite place to be is on the hiking trail, especially if there's a creek or river nearby where I can take my shoes off and connect with nature. And yes, my work in movement training has helped me level up my hiking game.

[BREAKOUT BOX:] My fitness certifications include:

- Certified [Revolution in Motion](#) trainer
- [NASM](#) personal trainer with a youth exercise specialization
- [AFAA](#) group fitness instructor
- [EBFA](#) Barefoot Training Specialist
- The Foot Collective [Foot Nerd](#)

[END BREAKOUT BOX]

What others are saying about movement training

[Testimonials]

How to get started

When you're ready to take the next step to look and feel better using movement techniques, call or email me to schedule a consultation appointment over the phone. I'll be able to answer all your questions and give you more information about how RevInMo can benefit you specifically.

During our first private session, I'll walk you through a few assessments so I can accurately pinpoint where you are in your fitness journey and create your perfect, personalized movement plan. From there, our journey together to restore your health and movement begins!

Embrace a new way of movement that listens to your body and builds strength, balance, and presence.

Schedule your free consultation now!