

Hello there! Meet us.

Belden Long Co-founder

- Doctoral Candidate Occupational Therapy, Duke University
- Autism specialist & Yoga instructor
- Researcher - Virtual Faces (Family and Community Engagement Strategies)
- D1 Soccer NCAA Champion



Rosie White Co-founder

- 2 x Olympian
- 3 x FIFA Women's World Cup Player
- Certified Health Coach
- D1 Soccer NCAA Champion





justb

Transformative Movement For Extraordinary Kids

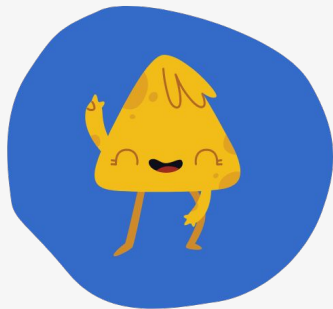
Enriching lives through movement.

Children with developmental disabilities are 2X more likely to be obese

Adolescents with Autism are roughly 4x more likely to experience depression



Let's Get Moving!



Movement classes



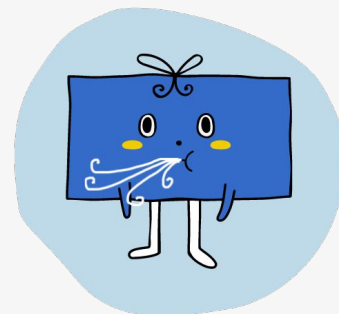
Brain Breaks



Partner Workouts

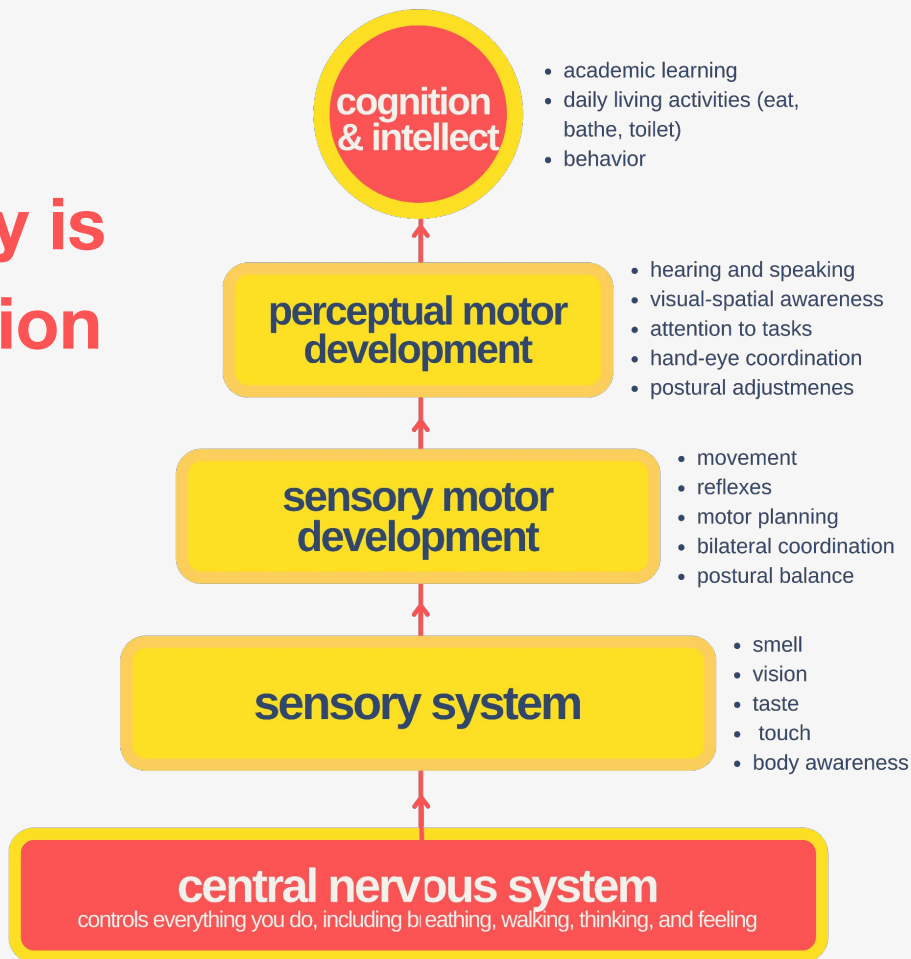


Yoga



Breathing exercises

A child's physical body is their foundation for ALL LEARNING.



"Movement pairs perfectly with helping students access their education."

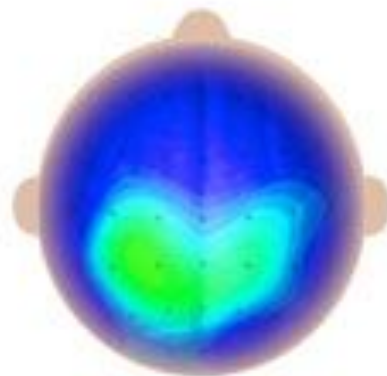
~ Miss McGowan, Endeavour Elementary

active kids learn better

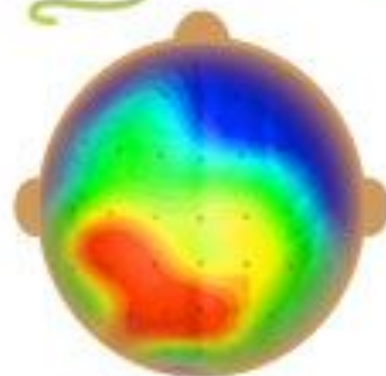
BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active;
blue areas are least active.



after 20 minutes of
sitting quietly



after 20 minutes of
walking

Learn more about why active kids learn better and how schools can help at
activelivingresearch.org/activeeducationbrief.

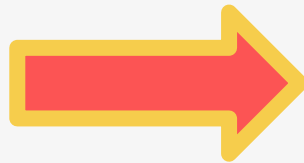
Kids require more inclusive sensory friendly movement experiences

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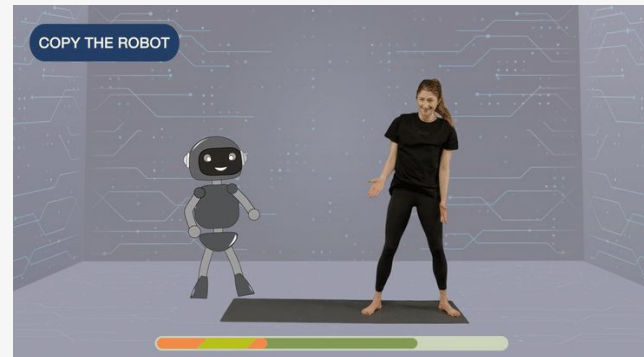
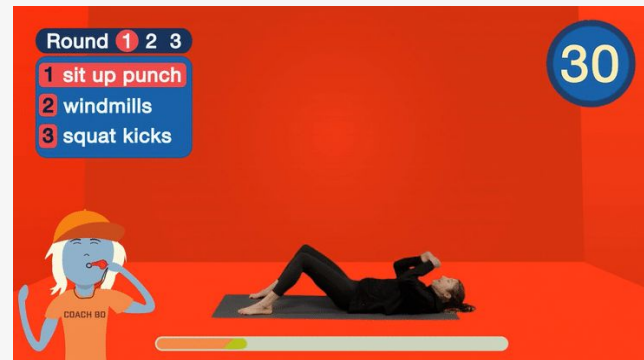
“Every time I have used justb to de-escalate a student, they have been ready to go back to class after”

~ Principal Hankerson

For some students:



For all students:

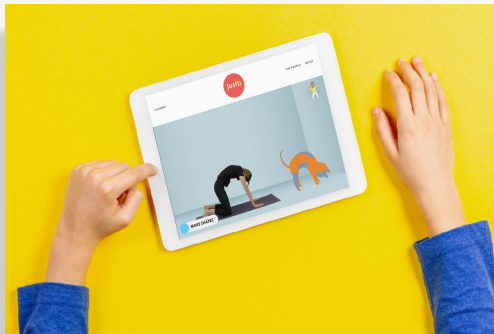


Bring justb to your school, home, or clinic!

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“Students spend too much time sitting at desks and **NEED** movement to activate or charge their brains in order to learn better.”

~ Mrs Janel Perry, special education teacher



Creating inspiring pathways for real life success
He waihangā ara whakahiriri, kia angitu ai



Team

justb



Elijah
Neurodivergent
Athlete



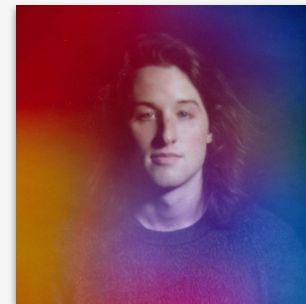
Janel Perry
Special Education
Teacher



Kristi Harris
Pediatric Occupational
Therapist.



Mike Webb
Adapted P.E teacher &
Professor.



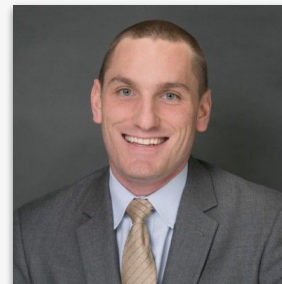
Curran Ferry
[Wildly production studio.](#)



Occupational, speech, & physical therapists, teachers



Corey Strandberg
Motion graphics designer



Alex Kipel
Sports business & private
equity expert.



Dave Clauson
Marketing, finance, &
strategy expert.



**We're recruiting like-minded
Schools and families to join us
for a 6 week pilot.**

www.movewithjustb.co

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