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There's a worldwide movement shortage, and **KATY BOWMAN** knows where to start.

Zoom socials, online learning, working from home...the global pandemic has only made us more desk-bound, while simultaneously the world is waking up to the connection between our sedentary habits and a host of physical and mental ailments and illness. People have been told they need to move more, but where to start? Enter Katy Bowman, biomechanist and author, who teaches accessible, regenerative movement for all bodies and lifestyles, including people with chronic pain, joint replacements, pre- and post-natal women, parents, and kids. Athletes, exercisers, and office workers can benefit enormously from Katy's stepwise approach to aligning, stabilizing, and strengthening the whole body for real-life goals. Movement is for every body!

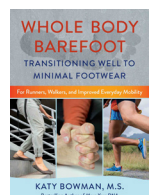
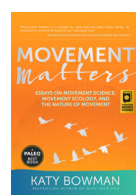
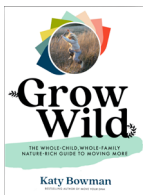
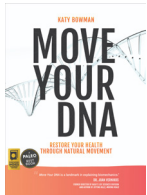
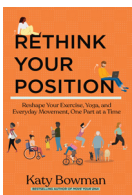
KATY BOWMAN, M.S.

Bestselling author, speaker, and a leader in the Movement movement, biomechanist Katy Bowman is changing the way we move and think about our need for movement. Her nine books, including the groundbreaking *Move Your DNA* and *Movement Matters*, have been translated into more than a dozen languages worldwide.

Bowman teaches movement globally and speaks about sedentarism and movement ecology to academic and scientific audiences. Her work has been featured in diverse media such as the Today Show, NPR Shots, BBC's The Compass, CBC Radio One, the Seattle Times, and Good Housekeeping.

One of Maria Shriver's "Architects of Change" and America Walks' "Woman of the Walking Movement," Bowman has worked with companies like Patagonia, Nike, and Google, as well as a wide range of non-profits and other communities, sharing her message of "move more, move more body parts, move more for what you need."

Her movement education company, Nutritious Movement, is based in Washington State, where she lives with her family. Learn more at nutritiousmovement.com.




The international Nutritious Movement community are eager to read books in their primary language, and to reach friends, family, health practitioners, students and patients. Bowman's near-daily outreach has fostered a large community of "super fans."

Despite the pandemic, Katy has averaged over 50 appearances a year on television, on podcasts, and other public interviews.

105,000 Instagram 

60,000 Facebook 

4.5M podcast downloads 

40,000 mailing list 

700,000 yearly visits to nutritiousmovement.com 

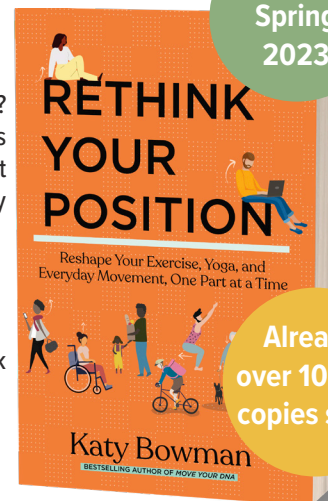
RETHINK YOUR POSITION

RESHAPE YOUR EXERCISE, YOGA, AND EVERYDAY MOVEMENT, ONE PART AT A TIME

Katy Bowman

We make hundreds of movement choices all day long, whether we know it or not: Sit or stand? Hip to the right or to the left? Heels or flats? So how can we make the choices that leave us feeling and moving our best? It starts with alignment--how our body is positioned throughout the day, whether working, exercising, or resting. Rethink Your Position is your guide to everyday alignment. Learn how to:

- Align your head while looking at your phone to avoid a “tech neck”
- Open tight shoulders by repositioning your elbows when driving or at a computer
- Vary your carrying style at work and at home for a stronger core and happier lower back
- Switch up the way you walk for happier feet and knees
- Change your sleep-shape to wake up feeling refreshed
- Find even better form in your regular yoga, Pilates, or fitness workout



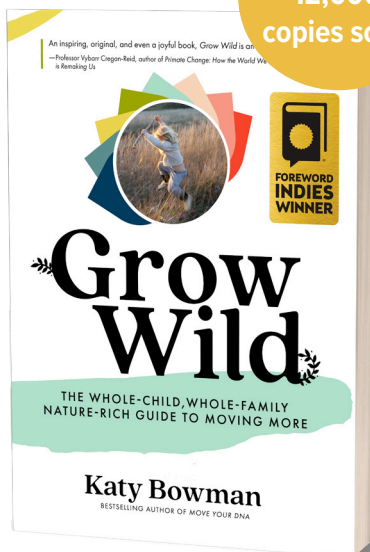
May 2023 | 978-1-943370-23-8 | \$19.95 USD | 6x9, 288 pages | Health & Fitness | International Rights Sold: French, Korean

Over 12,000 copies sold!

GROW WILD

THE WHOLE-CHILD, WHOLE-FAMILY NATURE-RICH GUIDE TO MOVING MORE

Katy Bowman



Our kids are moving less than any other generation in human history; indoor time and screen time have skyrocketed. As we turn more to “convenient” tech-based solutions, tasks that once required head-to-toe use of our muscles and bones can be done with a click and a swipe. While the problem feels massive, the solution is simple...and fun!

Grow Wild not only breaks down the “big ideas” behind movement as a nutrient, it also serves as a field guide on how to spot hidden movement opportunities. Learn to “stack your life” for richer experiences that don’t take more time: set up your home to promote more movement; dress for (movement) success; add snack-tivities to your meals; plan dynamic celebrations; and more!

The perfect companion to Bowman’s best seller Move Your DNA, and a 2021 INDIE Book of the Year Gold Award Winner, Grow Wild provides practical, everyday, nature-rich ideas on how to let kids move their DNA while doing things they’ll love.

May 2021 | 978-1-943370-16-0 | \$31.95 USD | 7x9.5, 408 pages | Parenting / Health & Fitness | International Rights Sold: French

MOVE YOUR DNA

RESTORE YOUR HEALTH THROUGH NATURAL MOVEMENT

Katy Bowman

Accessible and fascinating, *Move Your DNA* is a game-changer in the world of health, fitness, and movement science. Hailed as offering a pioneering and paradigm-shifting perspective on exercise, this book explains how movement works and shows that we need all-day movement, not just exercise, to thrive.

Move Your DNA contains corrective exercises, habit modifications, and simple lifestyle changes to free ourselves from the diseases of affluence and discover our naturally healthy, reflex-driven selves.

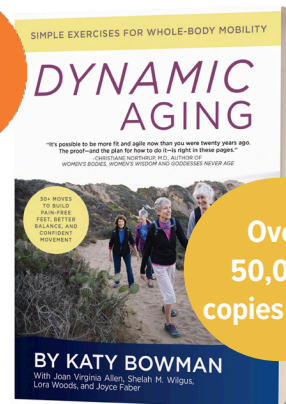


May 1, 2017 | 978-1-943370-10-8 | \$24.95 USD | 7x9, 280 pages | Health & Fitness

International Rights Sold: French, Italian, Japanese, Korean, Slovak, German, Spanish, Spanish - audio, Romanian, Polish, Bulgarian

DYNAMIC AGING SIMPLE EXERCISES FOR WHOLE-BODY MOBILITY

Katy Bowman

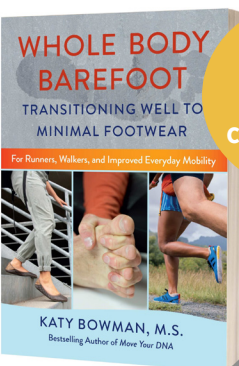


Over 50,000 copies sold!

Aimed towards those 50+, this guide teaches readers how to use simple corrective exercises to add not only years to their life, but also life to their years. With accessible exercises targeting the whole body, the book also includes modifications for all fitness levels and for those with joint replacements.

Alongside Bowman's instructions are the stories, experiences, and advice of her co-authors—four women over seventy-five who've used these principles and exercises for years. Their stories give older readers inspiration and practical advice on regaining strength and mobility. No matter when you're starting, if you change how you move, you can change how you feel!

March 1, 2017 | 978-1-943370-11-5 | \$19.95 USD | 6.9x9.4, 336 pages | Health & Fitness / Aging | **International Rights Sold: Czech, Chinese, German, Korean**



Over 30,000 copies sold!



WHOLE BODY BAREFOOT TRANSITIONING WELL TO MINIMAL FOOTWEAR

Katy Bowman

Minimalist shoes have devoted advocates worldwide, as the fact remains that conventional footwear is hurting our bodies. *Whole Body Barefoot* helps the reader safely and effectively transition to minimal footwear, reaping the enormous benefits of freeing one's feet without getting injured along the way.

With clear, science-based explanations and over 20 exercises, Bowman lays out the issues created by conventional shoes and artificial environments, and describes in detail the steps necessary to transition to more natural footwear safely and effectively.

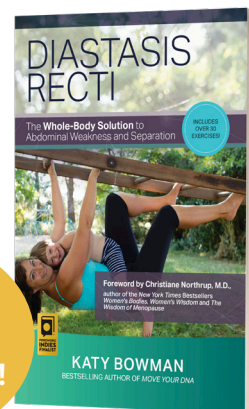
April 5, 2015 | 978-0-989653-98-5 | \$14.95 USD | 5.5x8, 192 pages | Health & Fitness | **International Rights Sold: Czech, Dutch, Finnish, French, German, Korean**

DIASTASIS RECTI THE WHOLE-BODY SOLUTION TO ABDOMINAL WEAKNESS AND SEPARATION

Katy Bowman

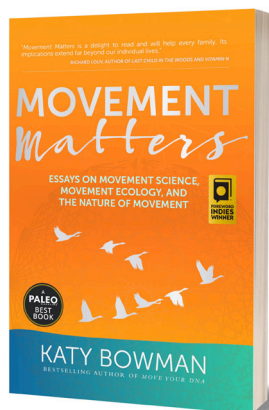
The very first book dedicated entirely to helping heal diastasis recti (DR)—a prevalent condition of tissue damage and loss of strength in the core. While often occurring in pregnant and postpartum women, DR also affects athletes, middle-aged men, and many others.

This guide includes a whole-body corrective program with over 30 exercises to address the factors that overloaded the core in the first place. Bowman makes the science of DR accessible and enjoyable to anyone struggling with DR, as well as to the medical practitioners and physical therapists who treat them.



Over 48,000 copies sold!

February 1, 2016 | 978-0-989653-96-1 | \$15.95 USD | 5.5x8, 184 pages | Health & Fitness | **International Rights Sold: Chinese, Italian, Russian**



MOVEMENT MATTERS ESSAYS ON MOVEMENT SCIENCE, MOVEMENT ECOLOGY, AND THE NATURE OF MOVEMENT

Katy Bowman

An award-winning series of essays on how we can make ourselves, our communities, and our planet healthier just by moving our bodies more, *Movement Matters* continues Bowman's groundbreaking exploration of the mechanics of our sedentary culture and the deep potential of human movement.

Bowman's essays highlight our culturally conditioned preference for being sedentary by exploring everything from the missing "movement nutrients" in our kitchens, to forest schools, to the problems of keeping the human animal isolated from nature.

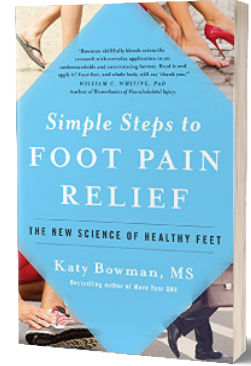
November 30, 2016 | 978-1-943370-03-0 | \$17.95 USD | 6x9, 224 pages | Health / Nature / Essays | **International Rights Sold: Norwegian, Italian**

SIMPLE STEPS TO FOOT PAIN RELIEF THE NEW SCIENCE OF HEALTHY FEET

Katy Bowman

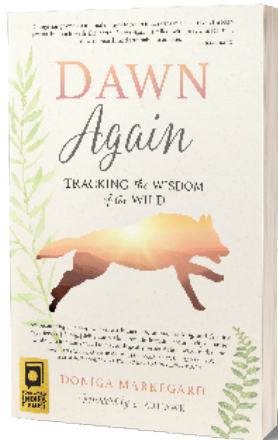
This book is for everyone with feet, no matter what state (or shoe) they're in. *Simple Steps to Foot Pain Relief* shows readers how to prevent pain—and how to heal feet and halt damage to the rest of the body.

Includes simple exercises to naturally improve lower leg and foot issues such as bunions, hammer toes, plantar fasciitis, and poor posture and alignment, and also information on the shoes you should (and should not) be wearing, and how these choices affect your overall foot and whole-body health.



Publisher: BenBella Books | September 6, 2016 | 978-1-94295-282-4 | \$16.95 USD | 6x9, 192 pages | Health & Fitness | **International Rights Sold: German, Estonian**

Other books from Uphill Books



DAWN AGAIN TRACKING THE WISDOM OF THE WILD

Doniga Markegard

“A manual on how to get in touch with our best selves, through getting in touch with the earth.” —Joan Baez

The riveting original memoir from regenerative rancher and wildlife tracker Doniga Markegard, *Dawn Again* explores the life of a woman committed to connecting to nature, healing the Earth, and leaving our planet better for the next and future generations.

Full of inspiration, hope, and relatable learning moments, *Dawn Again* is a story of finding oneself and one's purpose.

November 1, 2017 | 978-1-943370-14-6 | \$17.95 USD | 6x9, 320 pages | Autobiography / Nature

WOLF GIRL FINDING MYSELF IN THE WILD

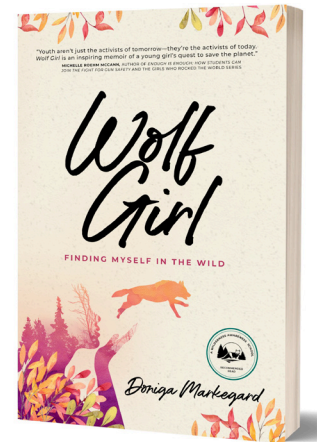
Doniga Markegard

FIND YOUR WILD.

Wolf Girl: Finding Myself in the Wild is a young environmentalist's coming-of-age story about learning, discovery, and survival. It offers a path for teens with climate anxiety, and shows that nature holds the wisdom we need to solve our environmental crisis.

Taking readers on Doniga Markegard's journey from the wilderness immersion school where she was taught by Indigenous elders and wildlife trackers, to hitchhiking across the Pacific Northwest, to Alaska tracking wolves, *Wolf Girl* shows how these experiences have shaped and inspired Doniga to become the leader in the regenerative agricultural movement that she is today.

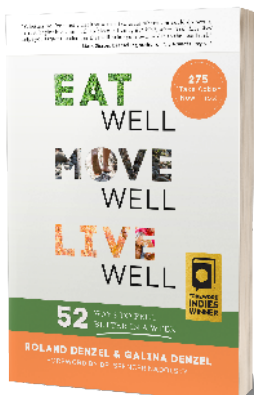
Adapted for young adults from Doniga Markegard's *Dawn Again*.



April 1, 2020 | 978-1-943370-18-4 | \$14.95 USD | 6x9, 264 pages | Memoir / Young Adult Nonfiction / Environmental Conservation & Protection

EAT WELL, MOVE WELL, LIVE WELL 52 WAYS TO FEEL BETTER IN A WEEK

Roland Denzel & Galina Denzel



International wellness coaches Galina and Roland Denzel have helped many achieve healthier, happier, vibrant living through simple solutions based on small changes to diet, movement, and other physiological things like sleep.

Arranged in 52 sections, the book allows you to start where you want and progress from there, whether it's cover to cover, theme by theme, or “choose your own adventure.” Get better in a week by following suggestions on movement, alignment, and walking; fish, fats, and ferments; sleeping, vacationing, and working; and bad days, de-stressing, and building a support network.

October 10, 2016 | 978-1-943370-02-3 | \$21.95 USD | 6x9, 434 pages | Health & Fitness / Diet