



KEY BENEFITS

“The Risk is in Not Knowing.”

Basic movement impacts both your physical and mental health. That’s why it is important to take preemptive action and assess your musculoskeletal system. In other words, what you don’t know could hurt you, so let’s head it off at the pass.



It’s Your Move

MSK health determines whether or not you can sit at a desk, stand on a factory floor, run a marathon, or just get out of bed without aches, pains, injury, or illness.

Research tells us that injury risk is multifactorial — the more factors you stack on top of each other, the higher the risk for injury. Symmio evaluates and considers multiple research-validated factors simultaneously to accurately identify and categorize individuals at greatest risk.

With Symmio You Can:

- Work toward the exercise goals that are right for you
- Reduce your overall risk of potential injury
- Combat recurring aches and pains
- Balance your mental, emotional, nutritional, and physical health

Make Symmio a habit and watch your movement improve and your aches fade away.

“For the time invested, the FMS and its cousins [Symmio] are the best tool I’ve seen for producing bullet-proof athletes and pain-free non-athletes in record time.”

~ Tim Ferriss,
author of the #1 NY Times bestseller,
The 4-Hour Workweek



Try Symmio Today

Symmio will help you discover your full potential while keeping you focused on meeting your wellness goals in an easy-to-use app available on any mobile device.



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