



# Mind & Movement Partners

Bringing Physical Literacy to Life

# Physical Literacy

noun. *phys·i·cal lit·er·a·cy*

The motivation, confidence, physical competence, knowledge and understanding to value and take part in physical activity throughout your lifetime.



#movement

Now we have an over emphasis on competition, lack of equal access to sport and play, and increasingly **SEDENTARY** lifestyles. The time is now for a movement "movement."

**Purposeful movement  
and the development of  
fundamental movement  
skills don't just happen  
- they must be taught.  
These movements  
establish the foundation  
of being active for LIFE.**



# Our Vision



A healthy, vibrant, empowered  
and active population through  
physical literacy.



# Our Core Values

**LISTEN** before leading.

Always have **FUN**.

**BUILD** lasting  
relationships.

# Mission

Our mission is to help provide a clear pathway for underserved youth and their families to become movers.



## MIND & MOVEMENT PARTNERS

Sarah Cahill is a Sports Performance Coach. For the past 6 years, she has served as a Strength and Conditioning Coach for the US Women's Olympic Ice Hockey Team. Alongside her Olympic experience, Sarah has worked with Innercity Weightlifting a Boston based non-profit that helps proven risk young people rebuild their lives through a career track in personal training. Cahill previously joined the Performance Team at Northeastern University, receiving the "Educator of the Year Award" within the athletics department.

Sarah fervently believes everyone - no matter their size, shape, income, or background - deserves the opportunity to live a healthy, active life. She's committed to sharing her knowledge of physical movement in a way that impacts the world

Dr. Mara Smith focuses on ways to activate the mind in order to optimize the body. She utilizes behavioral science to guide insight with tailored communications to thinking and moving. Dr. Smith's work includes consulting for USA gymnastics, figure skating, bobsled, luge and various community organizations and individuals. She graduated from Cornell University with a BS in Human Development and Family Studies, and from Boston University with an MEd in Human Movement, and an EdD in Developmental Studies and Counseling. Dr. Smith is the Founder of AthleteMinder, a tech start up which aims to bring mental strength and conditioning to all athletes using mobile technology. She is passionate about unorganized play, being outside and making new mistakes.