

## Discuss the Relationship Between Floor Movement and the Mental and Physical Health - Case Study on Movement Flow

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**Abstract :** In the forthcoming paper, we aim to comprehensively investigate the relation between floor movement and the health condition. We embark on an extensive exploration of the innovative Movement Flow system, a contemporary paradigm that is reshaping the landscape of physical fitness and well-being. Our primary aim is to dissect the profound potential of this groundbreaking approach, not only as a means to enhance our physical fitness but also as a transformative tool for nurturing mental health. Within the scope of this comprehensive analysis, we will delve into the multifaceted aspects of Movement Flow, highlighting its versatility and adaptability to various individuals' needs and objectives.

**Keywords :** prehab, floor movement, proprioception, movement flow

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