



# Training in Motion: How to Use Movement to Create Engaging and Effective Learning

*Mike Kuczala*

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**Training in Motion: How to Use Movement to Create Engaging and Effective Learning** Mike Kuczala  
When people are kept from moving - whether they're sitting through a presentation or stuck behind a desk - they become restless and their attention waivers. Yet most training ignores the innate human desire for motion, resulting in participants learning less. Based on the latest neuroscience research, Training in Motion explains how movement enhances learning and introduces a unique and highly effective way to energize an audience and increase retention through simple body-focused techniques. The book shows readers how to: tie lessons to movement to reinforce concepts; manage learners' physical and emotional states to increase engagement and bolster memory; use posture, physical gestures, and other movements to command interest; employ quick physical breaks to efficiently refocus students; and turn lackluster sessions into high-achieving learning environments. Practical, accessible, and packed with activities, this one-of-a-kind book helps readers add a kinesthetic component to their training so that participants stay motivated, and apply what they've learned long after they've left the classroom.

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