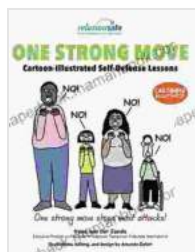


# One Strong Move: Empowering Women Through Fitness

## Breaking Down Barriers to Fitness

For many women, the path to fitness is often fraught with obstacles. Societal pressures, body image issues, and lack of access to resources can make it difficult to prioritize physical activity. One Strong Move, a non-profit organization founded by fitness instructor and body image advocate, Dasha Kuret, is working to break down these barriers and empower women to live healthier, more confident lives.



## One Strong Move

★★★★☆ 4.2 out of 5

Language : English

File size : 69978 KB

Screen Reader : Supported

Print length : 149 pages

Lending : Enabled

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Since its inception in 2015, One Strong Move has provided free fitness classes to over 10,000 women in underserved communities. With a focus on inclusivity and body positivity, the organization's classes offer women a safe and supportive environment to engage in physical activity, regardless of their fitness level or body type.

## Dasha Kuret: The Woman Behind One Strong Move

Dasha Kuret is a former professional dancer who turned her passion for fitness into a powerful tool for empowering women. After struggling with body image issues for many years, Dasha realized the transformative power of exercise. She founded One Strong Move in the belief that every woman deserves the opportunity to experience the physical and emotional benefits of fitness.

Dasha's commitment to inclusivity is evident in every aspect of One Strong Move's programming. The organization's classes are designed to accommodate women of all ages, abilities, and body types. There are no mirrors in the workout spaces, and the emphasis is on movement and self-acceptance rather than appearance.

### **Changing Lives, One Workout at a Time**

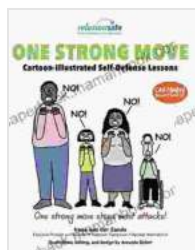
One Strong Move's impact on the lives of women in underserved communities has been profound. The organization's free fitness classes have helped women lose weight, improve their cardiovascular health, and boost their self-esteem.

Beyond the physical benefits, One Strong Move has also created a sense of community among participants. The organization's classes provide a space for women to connect with others who share similar experiences and to support each other on their fitness journeys.

### **Join the Movement**

One Strong Move is always looking for volunteers to help with a variety of tasks, from teaching classes to fundraising. If you're passionate about women's empowerment and fitness, we encourage you to get involved.

To learn more about One Strong Move and how you can support their mission, visit their website at [onestrongmove.org](http://onestrongmove.org).



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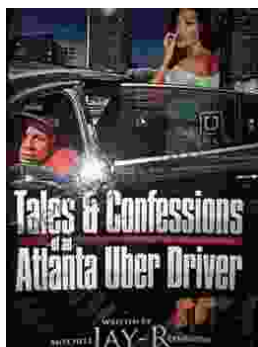
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