Foreign rights inquiries: Sylvia Hayse
sylvia@sylviahayseliterary.com

There's a worldwide movement shortage. KATY BOWMAN knows where to start: The *nutrition* of movement!

Zoom socials, online learning, working from home...we're ever more desk-bound, while simultaneously the world is waking up to the connection between our sedentary habits and a host of physical and mental ailments and illness. No matter who you are, chances are you could benefit from more—or more balanced—movement, but where to start?

Enter Katy Bowman, popular biomechanist and author, who teaches accessible, regenerative movement for all bodies and lifestyles, including people with chronic pain or joint replacements, pre- and post-natal women, parents, and kids. Katy is a pioneer in the area of movement nutrition—the idea that we have different movement needs and require a range nd diversity of types of movement to be at our best.

Athletes, exercisers, and office workers can benefit enormously from Katy's stepwise approach to aligning, stabilizing, and strengthening the whole body for real-life goals. Movement is for every body!

KATY BOWMAN, M.S.



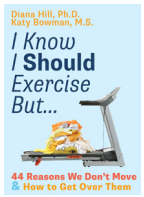
Bestselling author, speaker, and a leader in the Movement movement, biomechanist Katy Bowman is changing the way we move and think about our need for movement. Her eleven books, including the groundbreaking *Move Your DNA* and *Movement Matters*, have been translated into more than 15 languages worldwide.

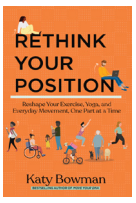
Bowman teaches movement globally and speaks about sedentarism and movement ecology to academic and scientific audiences. Her work has been featured in diverse media such as the New York Times, Today Show, NPR, BBC, CBC Radio One, the Seattle Times, and Good Housekeeping.

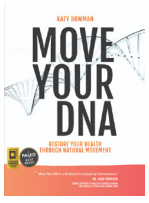
One of Maria Shriver's "Architects of Change" and America Walks' "Woman of the Walking Movement," Bowman has worked with companies like Patagonia, Nike, and Google, as well as a wide range of non-profits and other communities, sharing her message of "move more, move more body parts, move more for what you need."

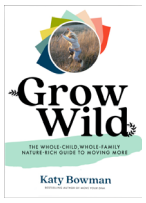
Her movement education company, Nutritious Movement, is based in Washington State, where she lives with her family. Learn more at nutritiousmovement.com.

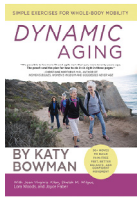


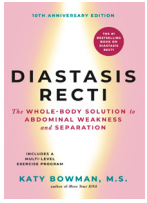


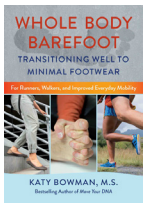












The international Nutritious Movement community are eager to read books in their primary language, and to reach friends, family, health practitioners, students and patients. Bowman's near-daily outreach has fostered a large community of "super fans."

Katy averages over 50 appearances a year on television, podcasts, and other public interviews.

118,000

60,000

40,000

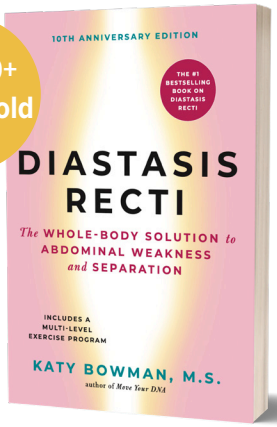
5M podcast downloads

700,000 yearly visits to nutritiousmovement.com

Now on Substack! 5,000+ subscribers

DIASTASIS RECTI
THE WHOLE-BODY SOLUTION TO ABDOMINAL WEAKNESS AND SEPARATION
Katy Bowman

55,000+ copies sold



A newly redesigned 10th-anniversary edition of the best-selling book in print about diastasis recti (DR)—a prevalent condition of tissue damage and loss of strength in the core. While often occurring in pregnant and postpartum women, DR also affects athletes, men, and children.

This guide includes a whole-body corrective program with over 30 exercises to address the factors that overloaded the core in the first place. Bowman makes the science of DR accessible and enjoyable to anyone struggling with DR, as well as to the medical practitioners and physical therapists who treat them.

February 1, 2016 | 978-0-989653-96-1 | $17.99 USD | 5.5x8, 224 pages | Health & Fitness |

International Rights Sold: Chinese, Italian, Russian

Released March 2025



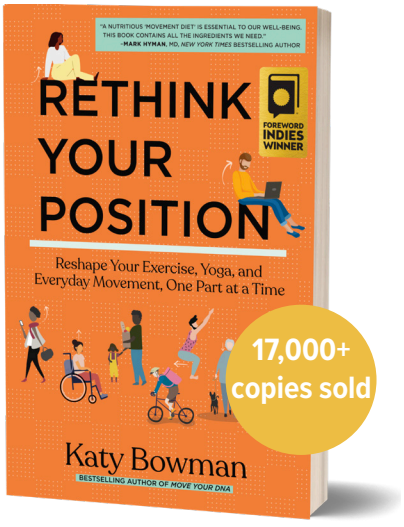
I KNOW I SHOULD EXERCISE BUT...
44 REASONS WE DON'T MOVE & HOW TO GET OVER THEM
Diana Hill and Katy Bowman

There are subtle, invisible, and powerful psychological barriers blocking you from the exercise and movement you need: from inertia and embarrassment to tech addiction to difficulty managing competing priorities. Accomplished psychologist Diana Hill and master movement teacher Katy Bowman join forces to help you challenge your barriers to movement in a new way: by applying tools from behavioral neuroscience, self-compassion and core processes of Acceptance and Commitment Therapy—including mindfulness, acceptance, and cognitive defusion. Learn to identify your resistance—whether it's an unhelpful thought, a misplaced motivation, or a contextual barrier—and respond wisely and effectively—to get off the couch and moving your body!

"*I really appreciate this book...There is something in here for everyone.*"
— Dr. Sanjay Gupta, CNN Chief Medical Correspondent

March 4, 2025 | 978-1-943370-31-3 | $19.95 USD | 6 x 9, 232 pages | Health & Fitness / Psychology **International Rights Sold: Russian, Thai**

RETHINK YOUR POSITION
RESHAPE YOUR EXERCISE, YOGA, AND EVERYDAY MOVEMENT, ONE PART AT A TIME
Katy Bowman



We make hundreds of movement choices all day long, whether we know it or not: Sit or stand? Hip to the right or to the left? Heels or flats? So how can we make the choices that leave us feeling and moving our best? It starts with alignment—how our body is positioned throughout the day, whether working, exercising, or resting. *Rethink Your Position* is your guide to everyday alignment. Learn how to:

- Align your head while looking at your phone to avoid a "tech neck
- Open tight shoulders by repositioning your elbows when driving or at a computer
- Vary your carrying style at work and at home for a stronger core and happier lower back
- Switch up the way you walk for happier feet and knees
- Change your sleep-shape to wake up feeling refreshed
- Find even better form in your regular yoga, Pilates, or fitness workout

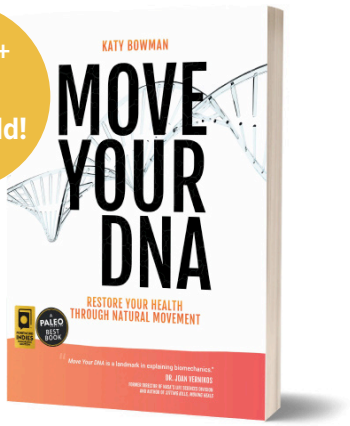
May 2023 | 978-1-943370-23-8 | $19.95 USD | 6x9, 288 pages | Health & Fitness | **International Rights Sold: French, Korean**

MOVE YOUR DNA

RESTORE YOUR HEALTH THROUGH NATURAL MOVEMENT

Katy Bowman

110,000+ English copies sold!



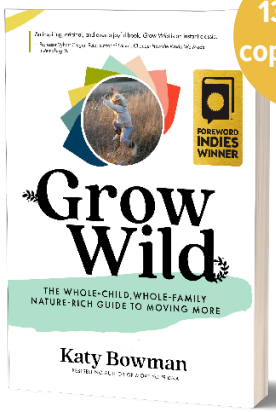
Accessible and fascinating, *Move Your DNA* is a game-changer in the world of health, fitness, and movement science. Hailed as offering a pioneering and paradigm-shifting perspective on exercise, this book explains how movement works and shows that we need all-day movement, not just exercise, to thrive.

Move Your DNA contains corrective exercises, habit modifications, and simple lifestyle changes to free ourselves from the diseases of affluence and discover our naturally healthy, reflex-driven selves.

May 1, 2017 | 978-1-943370-10-8 | $24.95 USD | 7x9, 280 pages | Health & Fitness |

International Rights Sold: French, Italian, Japanese, Korean, Slovak, German, Spanish, Spanish (text/audio),Thai, Romanian, Polish, Bulgarian

13,000+ copies sold



GROW WILD

THE WHOLE-CHILD, WHOLE-FAMILY NATURE-RICH GUIDE TO MOVING MORE

Katy Bowman

Our kids are moving less than any other generation in human history; indoor time and screen time have skyrocketed. So how can we get the whole family moving more when our lives are busy enough as it is?

Grow Wild is a field guide for spotting hidden movement opportunities. Learn to "stack your life" for richer experiences that don't take more time: set up your home to promote more movement; dress for (movement) success; add snack-tivities to your meals; plan dynamic celebrations; and more!

The perfect companion to Bowman's best seller *Move Your DNA*, and a 2021 INDIE Book of the Year Gold Award Winner, *Grow Wild* provides practical, everyday, nature-rich ideas on how to let kids move their DNA while doing things they'll love.

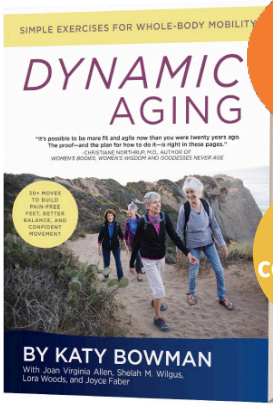
May 2021 | 978-1-943370-16-0 | $31.95 USD | 7.x9.5, 408 pages | Parenting / Health & Fitness | **International Rights Sold: French**

DYNAMIC AGING

SIMPLE EXERCISES FOR WHOLE-BODY MOBILITY

Katy Bowman

As seen on TODAY



57,000+ copies sold

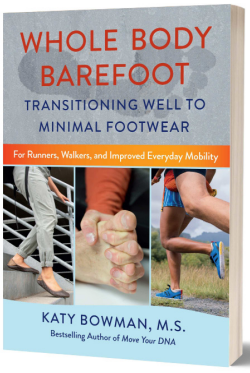
Aimed towards those 50+, this guide teaches readers how to use simple corrective exercises to add not only years to their life, but also life to their years. With accessible exercises targeting the whole body, the book also includes modifications for all fitness levels and for those with joint replacements.

Alongside Bowman's instructions are the stories, experiences, and advice of her co-authors—four women over seventy-five who've used these principles and exercises for years. Their stories give older readers inspiration and practical advice on regaining strength and mobility. No matter when you're starting, if you change how you move, you can change how you feel!

March 1, 2017 | 978-1-943370-11-5 | $19.95 USD | 6.9x9.4, 336 pages | Health & Fitness / Aging

International Rights Sold: Czech, Chinese, German, Japanese, Korean

35,000+ copies sold



WHOLE BODY BAREFOOT

TRANSITIONING WELL TO MINIMAL FOOTWEAR

Katy Bowman

Minimalist shoes have devoted advocates worldwide, as the fact remains that conventional footwear is hurting our bodies. *Whole Body Barefoot* helps the reader safely and effectively transition to minimal footwear, reaping the enormous benefits of freeing one's feet without getting injured along the way.

With clear, science-based explanations and over 20 exercises, Bowman lays out the issues created by conventional shoes and artificial environments, and describes in detail the steps necessary to transition to more natural footwear safely and effectively.

April 5, 2015 | 978-0-989653-98-5 | $16.95 USD | 5.5x8, 192 pages | Health & Fitness |

International Rights Sold: Complex Chinese, Czech, Dutch, Finnish, French, German, Korean

MY PERFECT MOVEMENT PLAN
THE MOVE YOUR DNA ALL DAY WORKBOOK
Katy Bowman



We've all heard about all the benefits of movement, but what if we can't figure out how to fit more movement into our life?

The best way to approach movement is to think of it like food—we need certain amounts of all different kinds for our bodies to be healthy. *My Perfect Movement Plan* helps people figure out exactly which types of movement they're already getting, what they might be missing, and where to fit it into their daily life. Self-assessment questions and worksheets help readers develop a plan—their perfect plan—for nourishing their body with movement in a way that's sustainable, meaningful, and adaptable.

July 30, 2024 | 978-1-943370-26-9 | $19.95 USD | 6x8, 272 pages | Health & Fitness



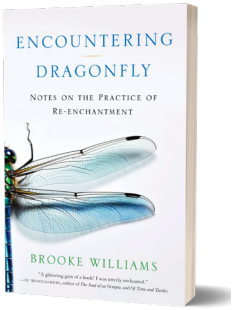
MOVEMENT MATTERS
ESSAYS ON MOVEMENT SCIENCE, MOVEMENT ECOLOGY, AND THE NATURE OF MOVEMENT
Katy Bowman

An award-winning series of essays on how we can make ourselves, our communities, and our planet healthier just by moving our bodies more, *Movement Matters* continues Bowman's groundbreaking exploration of the mechanics of our sedentary culture and the deep potential of human movement.

Bowman's essays highlight our culturally conditioned preference for being sedentary by exploring everything from the missing "movement nutrients" in our kitchens, to forest schools, to the problems of keeping the human animal isolated from nature.

November 30, 2016 | 978-1-943370-03-0 | $17.95 USD | 6x9, 224 pages | Health / Nature / Essays |
International Rights Sold: Norwegian, Italian

Other titles from Uphill Books

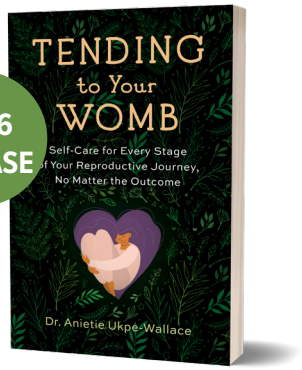


ENCOUNTERING DRAGONFLY
NOTES ON THE PRACTICE OF RE-ENCHANTMENT
Brooke Williams

A naturalist and environmental writer's personal account of following dragonflies into a new "re-enchanted" relationship with the natural world.

April 8, 2025 | 978-1-943370-29-0 | $18.95 USD |
5.5 in x 8.5 in, 212 pages | Nature & Environment

TENDING TO YOUR WOMB
SELF-CARE FOR EVERY STAGE OF YOUR REPRODUCTIVE JOURNEY, NO MATTER THE OUTCOME
Anietie Ukpé-Wallace, DPT



Through self-care exercises, science-based information, and her own deeply personal experience, a physical therapist guides women through the journey from conception through pregnancy--with the full spectrum of outcomes considered.

April 21, 2026 | 978-1-943370-35-1 | $19.95 USD | 6 in x 9in, 224 pages | Women's Health

DAWN AGAIN
TRACKING THE WISDOM OF THE WILD
By Doniga Markegard

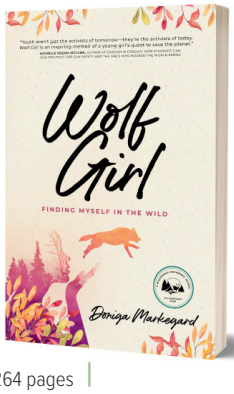


A story of finding oneself and one's purpose from regenerative rancher and wildlife tracker Doniga Markegard, *Dawn Again* explores the life of a woman committed to connecting to nature, healing the Earth, and leaving our planet better for the next and future generations.

November 1, 2017 | 978-1-943370-14-6 | $17.95 USD | 6x9, 320 pages |
Autobiography / Nature

WOLF GIRL
FINDING MYSELF IN THE WILD

A young environmentalist's coming-of-age story about learning, discovery, and survival, *Wolf Girl* takes readers on the author's journey from wilderness immersion school, to hitchhiking across the Pacific Northwest and tracking wolves in Alaska, to becoming a regenerative rancher. Perfect for teens who are concerned about the planet, suggesting that nature holds the wisdom we need to solve our environmental crisis.



April 1, 2020 | 978-1-943370-18-4 | $14.95 USD | 6x9, 264 pages |
Memoir / Young Adult Nonfiction / Environmental Conservation & Protection