

SATURDAY **8 JUNE** 2024  
QEII CENTRE **LONDON** UK

# Darryl Edwards

Founder of the Primal Play Method /  
Movement & Health Coach / Author

**PRESENTING:**

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**Primal Play Method**  
**Movement is Medicine**

 [ipmcongress.com](http://ipmcongress.com)



**food on  
prescription**  
CONFERENCE 24

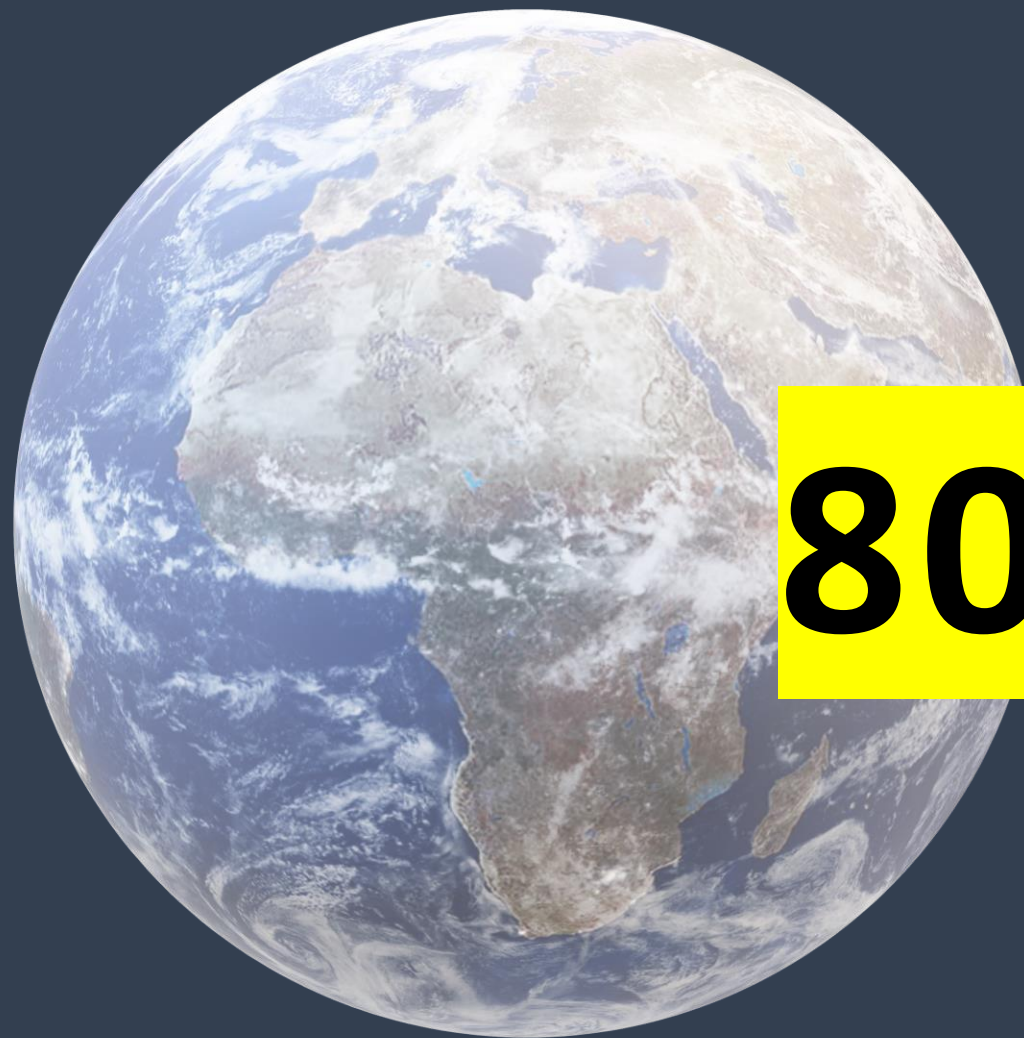


# GLOBAL PANDEMI

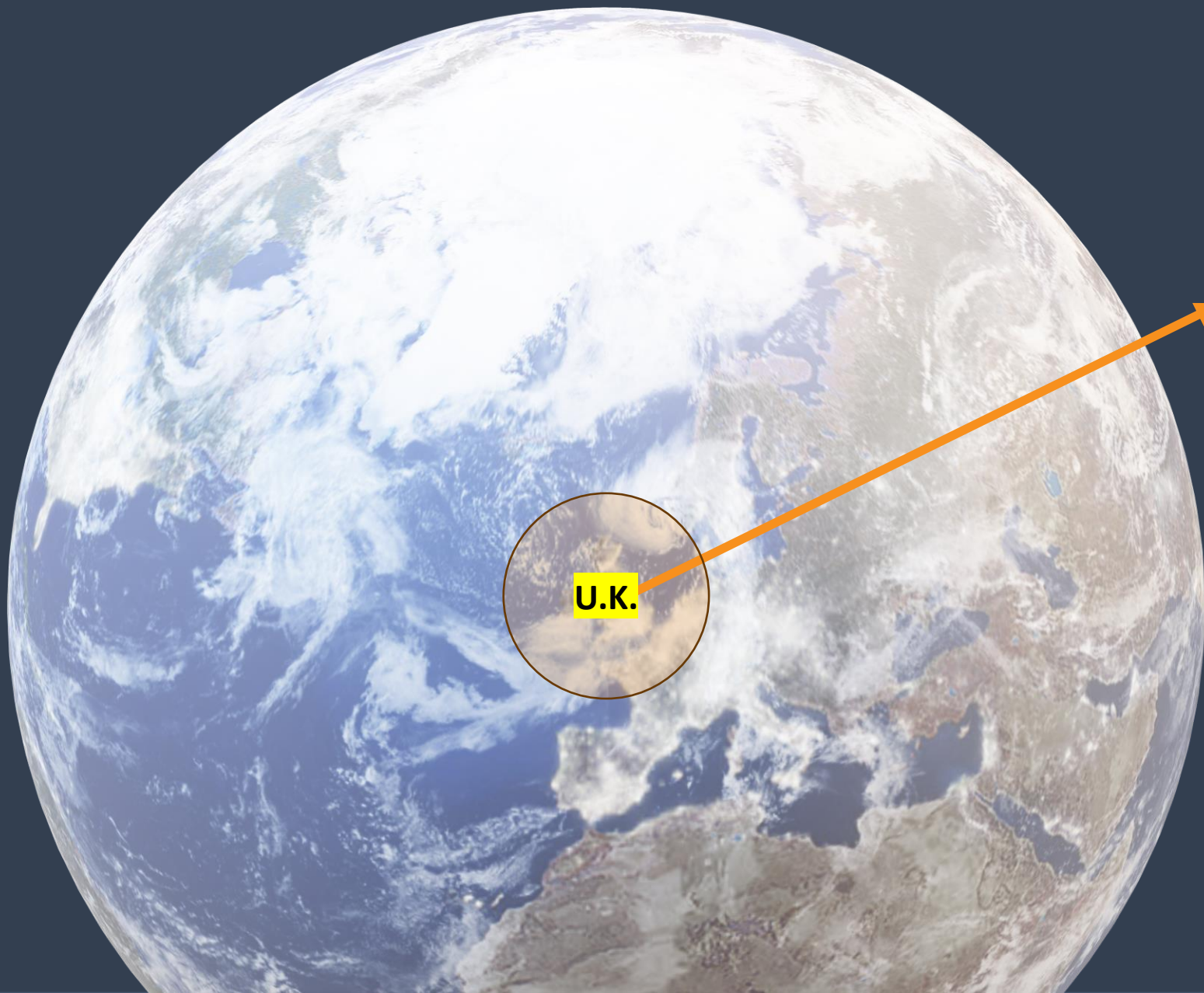


**25% OF ADULT**





**80% OF CHILDREN**



U.K.

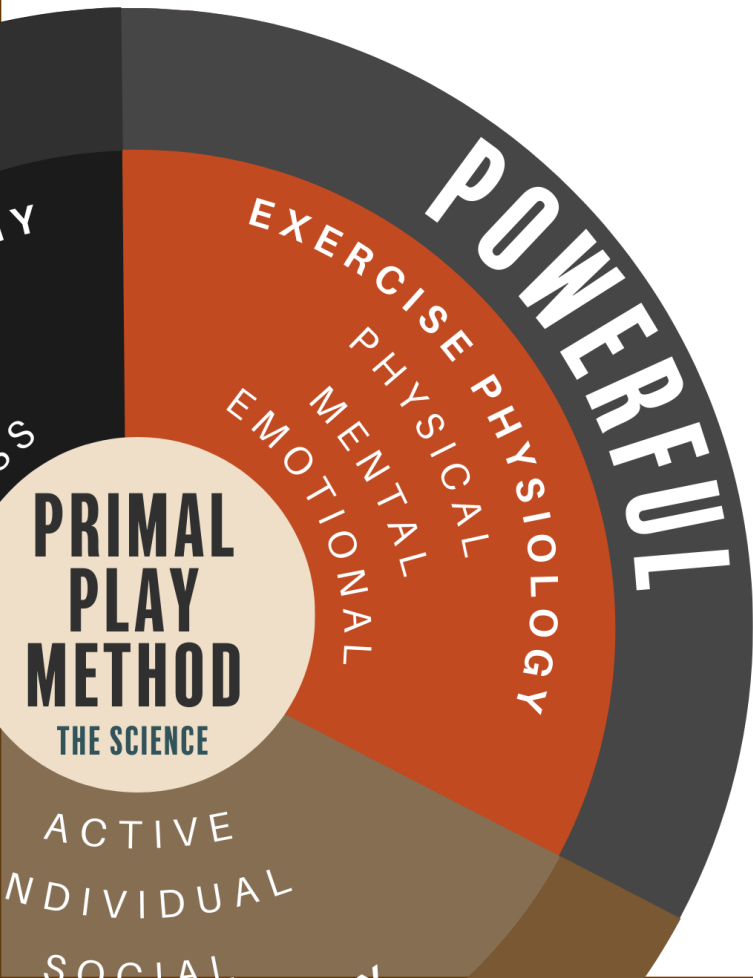
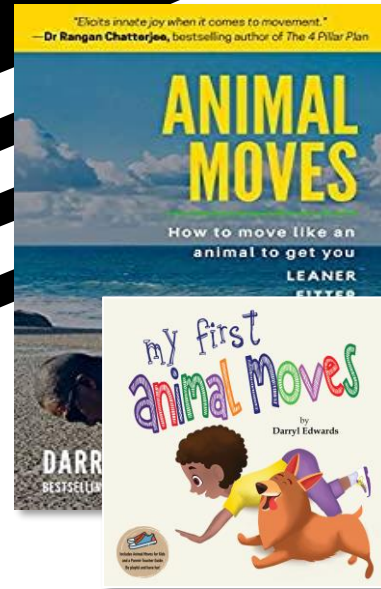
> 90%



PHYSIC  
AL

# INACTIVITY





**Darryl Edwards**  
FBSLM



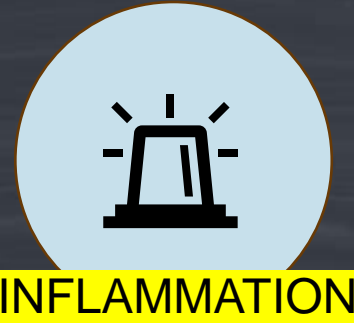
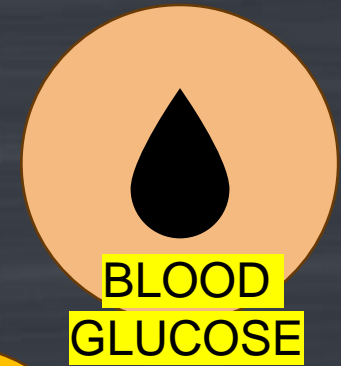
For a Better Workout, Think Like a Kid

If you want to move more, look to your childhood and let things get silly.

**The New York Times**



# 10 Benefits of Movement as Medicine





# The Primal Play<sup>®</sup> Method

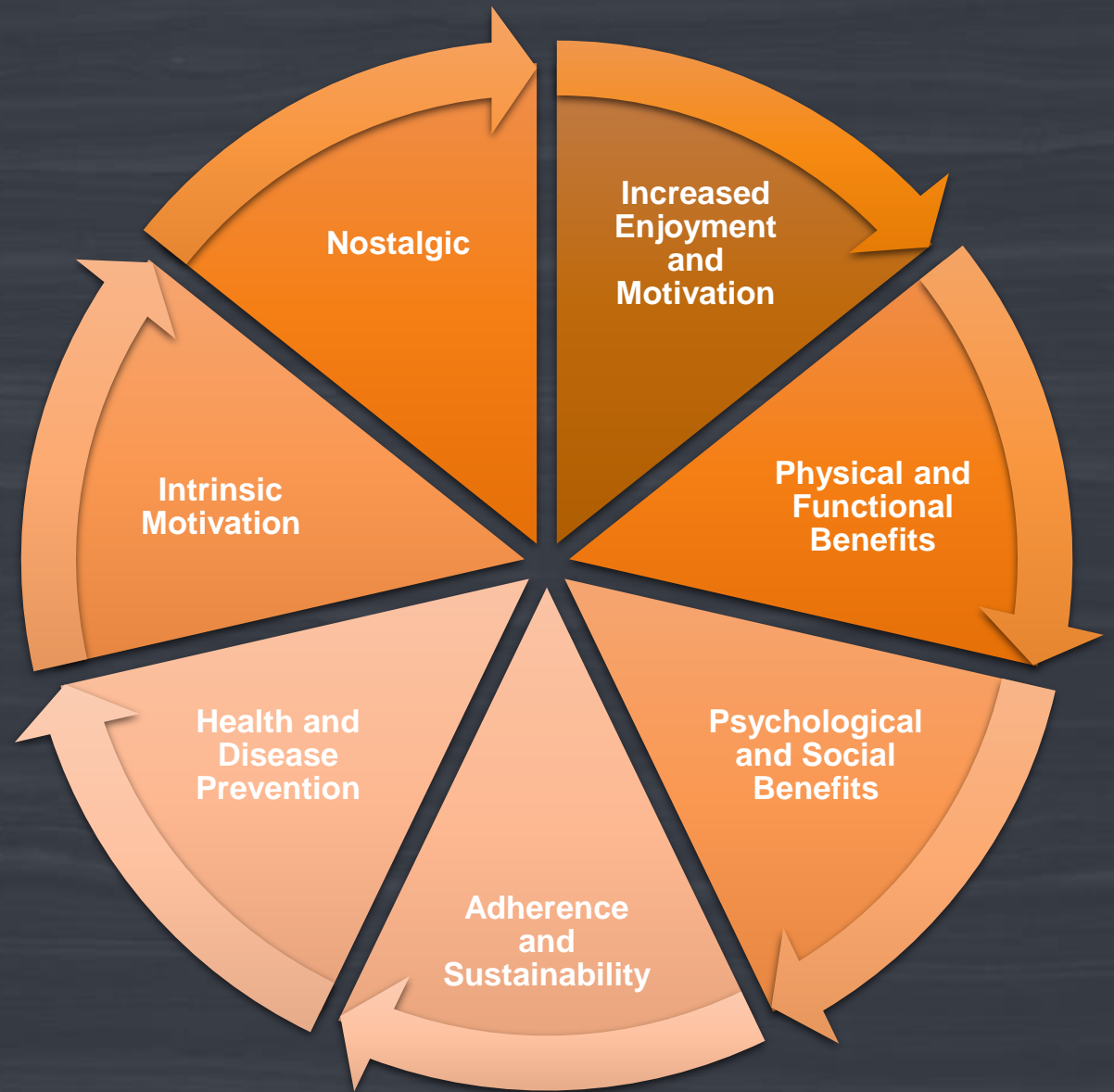


[PrimalPlay.com](http://PrimalPlay.com)



Let's active **play**

# 7 Benefits Of Active Play

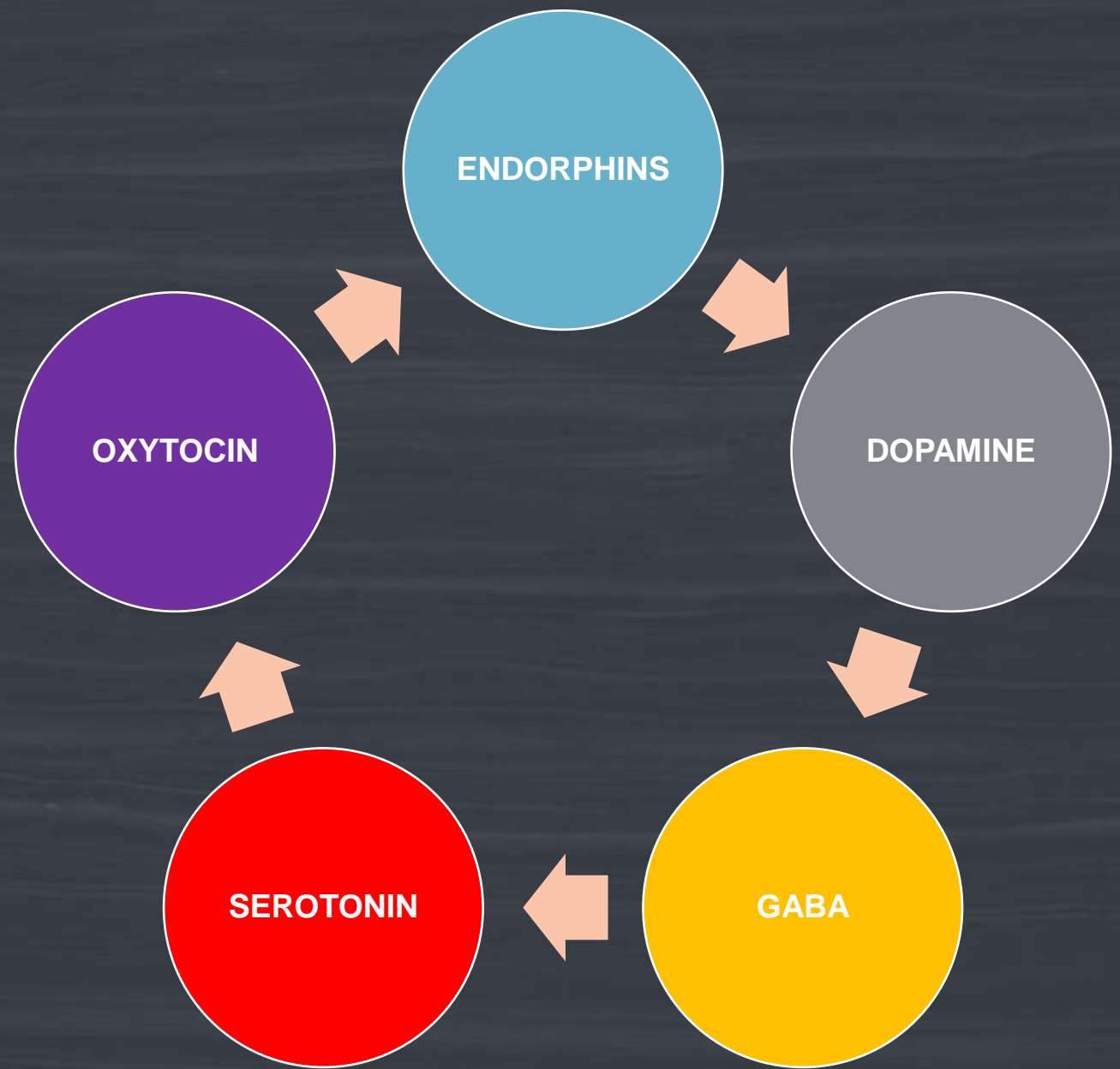






Let's active **play**

# Active play and the feel-good hormones





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