



Movement-Based Recovery Programming

A partnership proposal for [Facility Name]

Brian Yopez — CrossFit Level 2 Coach • RYT-200 Hr Yoga Instruction

A large dark gray circle containing the text "RX" in orange, located in the bottom right corner of the slide.

RX

AGENDA

What We'll Cover

01 The Gap in Recovery Care

Why physical wellness is the missing piece in most programs

03 Meet RX Bandit

The coach and philosophy behind the program

05 Program Design & Cadence

How the programming actually runs, week to week

02 The Science of Movement

What the research says about exercise and relapse prevention

04 The Partnership Model

A clear, simple division of responsibility

06 Investment & Next Steps

Pilot options and how to get started

THE CHALLENGE

Recovery Programs Are Missing a Piece

Most sober living homes and outpatient programs are built around therapy, meetings, and case management — and rightly so. But physical health, structure, and identity-rebuilding are often left unaddressed. Unstructured time, low energy, and no physical outlet are well-documented relapse risk factors.

What residents are up against

- Long stretches of unstructured, unsupervised time
- Loss of physical identity and confidence during use
- Few healthy outlets for stress, boredom, or triggers
- No consistent routine to rebuild discipline around

RELAPSE, BY THE NUMBERS

40–60%

General relapse rate range for substance use disorders — comparable to other chronic conditions like diabetes or hypertension.

60–70%

Of individuals experience at least one relapse within the first year after treatment — the highest-risk window.

This is exactly the window where structure, routine, and a physical outlet matter most.

Why Fitness Changes Recovery Outcomes

17%

Regular exercise during recovery was associated with up to a 17% reduction in relapse rates in published research (Frontiers in Psychiatry).

22

studies in one meta-analysis found regular exercise led to significant reductions in cravings across substances (Wang et al.).

3,100+

recovering individuals studied across 43 trials — moderate exercise ~3x/week over 3 months was linked to higher rates of sobriety and relapse-free living.



Program completion rates and length of abstinence both improved when physical activity was built into treatment (systematic review, Linke & Ussher).

Meet The Rx Bandit

The Rx Bandit isn't a cookie-cutter fitness vendor. It's a coaching philosophy built to help anyone suffering from addiction or alcoholism show up as the most disciplined, grounded version of themselves — through structured, standards-based programming.

"Once we straighten out spiritually, the physical change becomes possible. But sometimes we have to exhaust the body so we become open to that possibility."

— Brian Yepez, B.A., Founder

BRIAN YEPEZ, B.A.

- ✓ CrossFit Level 2 Coach
- ✓ RYT-200 Hr Yoga Instruction
- ✓ Former NCAA Division III Lacrosse Athlete
- ✓ Fitness Competition Event Programmer
- ✓ Trauma-Informed Movement Therapy
- ✓ Direct experience programming for behavioral-health & recovery populations
- ✓ Affiliate & Gym Programming Specialist

A Clean Division of Responsibility

No added clinical burden on your staff. No guesswork on our end.

[FACILITY NAME] PROVIDES

- Training space & facility access
- Program supervision & session oversight
- Resident scheduling & attendance
- Safety & medical clearance review
- Day-to-day compliance with facility policy

RX BANDIT PROVIDES

- Custom program design for your population
- Trauma-informed, scalable weekly programming
- Movement libraries & progressions
- Monthly programming updates & cycles
- Staff onboarding & ongoing consultation

A SECOND OPTION

No On-Site Space? You Bring Residents to Us

For facilities without room to train on-site, RX Bandit offers an off-site model — residents train at our facility, and [Facility Name] handles transportation to and from.

90-MINUTE SESSIONS

60 minutes of training + 30-minute check-in / meeting, every session

[FACILITY NAME] PROVIDES

- Transportation to & from the training facility
- A confirmed pick-up / drop-off schedule
- Resident roster & attendance coordination
- Safety & medical clearance review

RX BANDIT PROVIDES

- Training facility, equipment & space
- All coaching & session supervision
- The same custom-built programming
- Attendance tracking & progress reporting back to your team

Same programming. Same standard. Just a different address.

Built for Recovery Populations — Not Retrofitted

1

Trauma-Informed & Fully Scalable

Every movement has a regression and progression. Programming meets residents exactly where they are, physically and mentally.

2

Identity & Discipline-Based Coaching

Sessions reinforce a new identity — capable, disciplined, and in control — not just physical output.

3

Progressive Structure

Weekly sessions build into monthly cycles, so residents see visible progress instead of random workouts.

4

Built-In Accountability

Attendance, effort, and progress are tracked — giving your clinical team an added engagement signal.

HOW IT RUNS

Choose Your Weekly Cadence

Two ways to structure the program, sized to your census, space, and staffing. Cycles are adjusted monthly based on facility feedback and resident progress.

5 DAYS / WEEK • FULL IMMERSION

MON

Foundational Strength

Full-body strength fundamentals

TUE

Conditioning

Cardio-based endurance work

WED

Recovery & Mobility

Active recovery & breathwork

THU

Strength

Progressive cycle, builds on Monday

FRI

Community Workout

Team-based session for morale

3 DAYS / WEEK • CORE PROGRAM

MON

Full-Body Strength

Foundational strength & conditioning to open the week

WED

Mobility & Conditioning

Recovery-focused cardio, mobility & breathwork

FRI

Community Workout

Team-based session for camaraderie & morale

What [Facility Name] Gains



A premium, differentiated amenity

Stand out from facilities offering therapy and meetings alone.



Stronger referral & marketing story

A named, branded wellness program families can see and understand.



Zero programming burden on staff

RX Bandit designs and updates the program — your team supervises.



Higher resident engagement

A structured physical outlet fills high-risk unstructured time.



Reduced downtime, reduced risk

Less idle time historically linked to boredom-driven relapse triggers.



A scalable, turnkey partnership

Programming grows and adjusts with your census and space.

What Your Clients Gain

- ✓ Physical strength & health rebuilt after the toll of use
- ✓ A proven relapse-prevention tool: structure & routine
- ✓ Discipline and self-efficacy that carry beyond treatment
- ✓ A team, a community, and a sense of belonging
- ✓ A new identity — not just "in recovery," but capable and strong

“

It takes an immense amount of willingness to recover from a hopeless state of mind and body. Building the physical body helps us learn what it takes to discipline the mind in a framework that really works.

— Brian Yepez, B.A., Founder

INVESTMENT

Engagement Options

Three ways to start — sized to fit your census and budget. Figures to be finalized together.

PILOT

4-Week Trial

\$[]

- 2x weekly sessions
- Baseline programming cycle
- End-of-pilot outcomes review

RECOMMENDED

STANDARD

Monthly Programming

\$[]/mo

- 3–5x weekly sessions
- Monthly programming updates
- Ongoing coach check-ins

PREMIUM

Full Partnership

\$[]/mo

- Standard, plus:
- On-site staff training
- Quarterly outcomes reporting

THE DIFFERENCE

Why This Beats a Gym Referral

	GENERIC GYM REFERRAL	RX BANDIT PROGRAMMING
Built for recovery populations	×	✓
Trauma-informed, scalable programming	×	✓
Direct integration with your facility & staff	×	✓
Built-in accountability & attendance tracking	×	✓
Community & identity-based coaching model	×	✓
Monthly-updated, licensed programming	×	✓

Let's Build the Pilot

1

Walkthrough

Tour the space, confirm scheduling & supervision logistics

2

Define the Cohort

Agree on resident group size, cadence & clearance process

3

Launch the Pilot

4-week trial program begins, with a structured outcomes review

Brian Yepez, B.A. — Founder, The Rx Bandit Fitness Programs

CrossFit L-2 Coach

RYT-200

CONNECT & BOOK

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