

## **Spring Tune Up Time For Your Body**

Spring is soon arriving and with this new season of new growth we also feel the need to introduce new health regimens to our schedules. It is also a time for the spring and summer athletes to increase their commitment to training schedules and nutritional fueling practices. Why then, are we not committed to taking measures of rehabbing our bodies? Wouldn't bodywork received on a regular basis prevent and maintain what we have, or are trying to achieve?

Our bodies are much like our cars. Regular maintenance to our car helps to keep it running and moving in a synchronized motion. Without the scheduled maintenance plan our car begins to slow down and over time breakdown. We don't head out on a road trip without checking tire pressure, oil and especially fuel.

Then why don't we treat our bodies much like our beloved Land Rover? Our body needs and demands the same attention before, during and after any activity. We respect the rules of the open road – let's respect our bodies in the same way and ensure ourselves a long journey on the road of health and wellness.

### Massage Time

Knowing when to schedule your massage during activity or training time can often leave you with a sense of “duh, I don't know!” – don't worry! Your Registered Massage Therapist will know what time frame will work best with and for your training schedule. When you and your Massage Therapist determine the proper course of treatments and what type of massage treatments you will be receiving based on your physical goals – the time and effort invested will have you that much closer to the finish line.

### Massage for the Active person or Athlete

- **Deep Tissue:** The RMT works deep into the actual muscles, trigger points and tender points.
- **Myofascial Release:** The RMT goes even deeper, working on the fascia (body's wet suit), fibers and connective tissue of the muscles (not the actual muscle).
- **Relaxation – Swedish Massage:** Not a deep vigorous massage, but still produces blood and oxygen flow to the muscles and through out the body. Is used as a calming measure for the mind and body.

Why not keep your body running in a synchronized unison with regular “tune ups”? It will be the best maintenance program you have invested in. Unlike our cars, our bodies don't have trade in value!

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