

Is winter knocking the stuffing out of you?

We can help!

**PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299**



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Winter is here.

Winter brings snow which means shovelling and sore muscles plus decreased sunlight which can lead to the blues, it also brings illness.

Massage can help on all fronts.

Shovelling, snow blowing and snowplowing are all normal activities for any Canadian. These physical activities come in spurts with storms and we usually don't warm up for them. Massage has the ability to reduce the pain associated with the aches of bending and lifting snow or cranking the neck to look backward while reversing a



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plow. The increase in serotonin and dopamine transmitters released while having a massage will slow your heart rate, reduce blood pressure, and block your nervous system's pain receptors. Massage increases blood flow to the muscles which helps them heal.

Winter can bring a lowering of the mood with less sunlight throughout the snowy months. With less cortisol and more serotonin and dopamine in your system this leads to less stress, anxiety, and depression therefore leaving you happier.

Winter also can help with warding off colds: Massage helps ward off bugs by boosting your "natural killer cells," the immune system's



first line of defense against invading illness. Cortisol, hormone that destroys the body's "natural killer" cells is reduced when having a massage therefore boosting your immune system.

So having regular massages throughout winter is a saavy idea for your body to reap the rewards of being healthier, less sore and happier.



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... We Can Help.