

Does a massage in summer really make a difference?

We can help!

PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299



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humanperformancecentre.ca

Summer. *Why would I get a massage during the summer?* Nice weather and vacation time hopefully gets us outside. Pools, golf courses, tennis courts are just some of those places we see more folks during this season. Since the river is so accessible, water skiing, boating and riding your Sea Doo are likely. These activities are hard on a body that has likely been hibernating throughout the winter. The vast majority of us who are active have not trained



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specifically for the summer sport during the winter months, soreness and injuries are common. A little advice and treatment from your **Registered Massage Therapist (RMT)** at the Human Performance Centre is effective in preventing injury or dealing with an existing one.

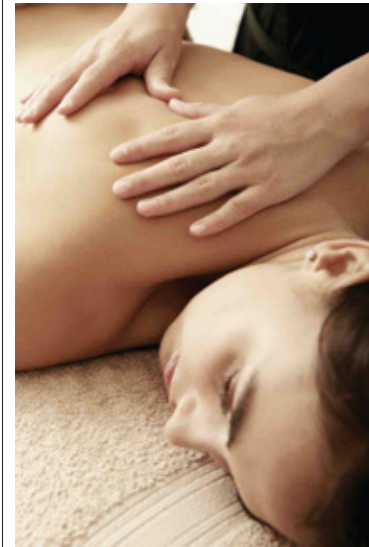
Massage can:

- Increase blood flow bringing oxygen and nutrients to the soft tissue essential for growth and repair
- Flush out metabolic waste (toxins, lactic acid)

- Improve flexibility
- Identify trouble areas and help eliminate them, break down scar tissue and adhesions from old injuries
- Increase your awareness to help assist with recovery

Having a regular massage can reduce recovery time from summer training or an event by up to 50%, which can normally take 48—72 hours when doing high intensity exercise. Massage also benefits other systems of the body such as digestive,

immune, neurological and respiratory.



And it feels good!



**Human
Performance
Centre**

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... We Can Help.