

Can a massage be the solution?

We can help!

**PHYSIOTHERAPY
MASSAGE
FITNESS
738-8299**



749 River Valley Drive
humanperformancecentre.ca

Massage.
It's good for YOU because it:

- Provides pain relief by releasing endorphins into the system by touch, the pushing and kneading of the muscles and soft tissues of the body. These are natural pain killers.
- Balances the nervous system; relieves stress and aids relaxation
- Decreases muscle tension and stiffness; daily activities are once again enjoyable when your body movements are eased
- Promotes faster healing of strained muscles and sprained ligaments
- Provides greater joint flexibility and range of motion



*Alexandra Sullivan, Massage Therapist, BA, RMT,
Personal Fitness Trainer*

If you have any questions or concerns for Alex, please contact her directly at alexandra.sullivan@humanperformancecentre.ca.

- Enhances athletic performance
- Speeds healing after surgery or injuries; reduces pain and swelling; lessens formation of excessive scar tissue
- Promotes deeper and easier breathing; overall wellness and revitalization is enhanced when your body tissues receive adequate oxygen
- Improves circulation of blood and movement of lymph fluids, this is decreasing your swelling
- Strengthens the immune system
- Enhances the health and nourishment of skin
- Improves posture; proper distribution of weight on your joints

A Powerful Ally

There's no denying the power of bodywork.

Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in your healthcare regimen.

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- Decreased anxiety
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Increased circulation
- Reduced fatigue

Increase the Benefits with Frequent Visits

Getting a massage can do you a world of good. Getting a massage frequently can do even more. Taking part in this form of regularly scheduled self-care is good for you. It puts you in a healthier mind set allowing you to make healthy choices and it becomes a healthy circle.

Budgeting time and money for bodywork at consistent intervals is an investment in your health. Consider massage appointments a necessary piece of your health and wellness plan, and work with the Human Performance Centre to establish a treatment schedule that best meets your needs.



**Human
Performance
Centre**

Achieve Your Best
... We Can Help.