

HUMAN PERFORMANCE CENTRE

Want to know the benefits of massage? We Can Help!

Question: What do you think could help with all of these things?

Reduces pain
Helps you sleep
better
Improves circulation
Improves lymphatic
drainage
Reduces muscular
tension
Boosts your
immunity
Relieves stress
Reduce blood
pressure

Answer: It's Massage.

A regular massage can provide all of the above and helps with but is not limited to the following conditions: Anxiety, neck and lower back pain, headaches, muscle tension and spasm, sports injuries, jaw pain,

fibromyalgia, stress and some inflammatory conditions and aids in general wellness.

A massage is good for your physical and emotional well being. It increases the circulation of blood reaching your muscles which enhances the delivery of oxygen and nutrients to muscle cells and helps remove waste products. It soothes your nervous system firing allowing your body to relax. The relaxation response is a state in which your heart and breathing rate slow, your blood pressure goes down, your production of stress hormones decreases, and your muscles relax. It can be used as a preventative action or as an ongoing

maintenance program. Some people find relief coming once a week others come once a month. Look into your health insurance plan to see if you have coverage. Once you determine a plan it's easier to book and keep appointments for optimal health.

You and your therapist can choose what the best treatment for you is.

The Human Performance Centre has 2 Registered Massage Therapists available with day and evening appointments.



Alexandra Sullivan RMT, CST
Alex is a Registered Massage Therapist at the Human Performance Centre located in the outskirts of Grand Bay-Westfield. You can contact her at 738-8299.



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