

Sports & Fitness

The Complete Workout

Why are so many sports and fitness enthusiasts including regular therapeutic massage as part of their conditioning programs? There is a growing awareness that a complete workout routine includes not only the exercise itself, but also caring for the wear-and-tear and minor injuries that naturally occur with strenuous movement. The physiological and psychological benefits of massage make it an ideal complement to a total conditioning program.

Who can benefit from regular massage? Anyone who routinely stretches their physical limits through movement such as running, cycling, hiking, swimming, dancing, tennis and other racquet sports, strength training and aerobics. In fact, anyone who experiences regular physical stress like mothers with small children, gardeners, or those who use their bodies strenuously in their work will find relief with therapeutic massage.

Massage is beneficial when starting a conditioning program, because it helps you get into good shape faster, and with less stiffness and soreness. It helps you recover faster from heavy workouts, and relieves conditions which may cause injury. Massage can be something to look forward to after a workout — a healthy reward.

What Happens When You Exercise?

Regular exercise increases vigor and promotes a general sense of well-being. If done in moderation, it can help relieve the effects of stress, and has been linked to decrease in psychological depression. The fun of sports and physical activity is one of the “healthy pleasures,” and greatly improves the quality of life.

Regular exercise produces positive physical results like increased muscular strength and endurance, more efficient heart and respiratory functioning, and greater flexibility. Exercise, along with a healthy diet, also results in less body fat and greater lean body mass. These are the components of health-related fitness.

These positive physical changes occur as the body gradually adapts to the greater demands put on it by regular exercise. The body improves its functioning to

and the challenges therefore it can be described as a process of pushing the body beyond its normal limits, and then recovering from the fatigue, soreness, and other effects of the extra demands. Exercise is often described as the “healthy pleasure” of a conditioning program.

The “recovery period” phase of the conditioning process is often the most difficult and important. The amount of movement is greatly reduced when the body has been used to its maximum, and people often feel fatigued, sore, and in need of rest.

Therapeutic massage can help in this recovery period by increasing blood circulation, reducing muscle tension, and helping to remove lactic acid from the muscles. It also helps to reduce the effects of stress and fatigue.

Regular massage can also help to reduce the effects of stress and fatigue, and improve the overall health and well-being of the individual. It is a healthy reward for a hard day of work or exercise.

Therapeutic massage can also help to reduce the effects of stress and fatigue, and improve the overall health and well-being of the individual. It is a healthy reward for a hard day of work or exercise.

Therapeutic massage can also help to reduce the effects of stress and fatigue, and improve the overall health and well-being of the individual. It is a healthy reward for a hard day of work or exercise.

Therapeutic massage can also help to reduce the effects of stress and fatigue, and improve the overall health and well-being of the individual. It is a healthy reward for a hard day of work or exercise.

Therapeutic massage can also help to reduce the effects of stress and fatigue, and improve the overall health and well-being of the individual. It is a healthy reward for a hard day of work or exercise.

Therapeutic Massage

Therapeutic Massage

Sports and Fitness

