

W.O.W.

WAC ON WELLNESS

MESSAGE AWARENESS WEEK

National Massage Therapy Awareness Week is October 23-29.

Many people think of massage therapy as a special treat or luxury. While a massage can definitely be that for many people, massage therapy can be so much more than that when integrated into your full exercise routine. When your group fitness instructor, personal trainer, and massage therapist work together, they can help you perform at your optimal level and help you achieve your goals faster.

Here are some of the wonderful benefits massage can offer according to the AMTA (American Massage Therapy Association)

Control Stress

- The longterm effects of stress can take emotional and physical tolls. Massage therapy may relieve stress and conditions associated with it, such as tension headaches.

Get Better Sleep

- Research indicates that massage can improve sleep in those with lower back pain, fibromyalgia, insomnia, pain and other health conditions.

Boost Mental Health and Wellness

- Research suggests that symptoms of stress, anxiety and depression (all associated with mental health) may be directly affected with massage therapy.

Manage Pain

- Pain can negatively affect a person's quality of life and impede recovery from illness or injury. Research shows massage can help low-back pain, headaches, Carpal Tunnel Syndrome and more.

Improve Physical Fitness

- Elite and recreational athletes alike can benefit from massage therapy. Massage can help reduce muscle tension, improve exercise performance and prevent injuries.

Let Massage Therapy make a difference in your health today!

Visit www.thewac.com/massage for more information on our Massage Therapy.



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