



## What's Happening?



This week I wanted to share some knowledge. You may have seen 'Neuromuscular Therapy' on my website and wondered what does that even mean? Neuromuscular therapy uses soft tissue manipulation to help improve nervous system function and the overall function and alignment of the skeletal system. Using static pressure, I can place a consistent amount of pressure on a specific area of the body, helping to reduce pain and tension effectively. Neuromuscular therapy targets the underlying cause of this pain by loosening these tight muscles and restores natural circulation and breaks down the toxins, reducing pain.



## Fun Holidays this Week...

**February 26: National Pistachio Day** - Celebrate today by eating Pistachios. They are great plain as a snack, in ice cream, and in a wide range of desserts.

**February 27: Polar Bear Day** - Fun fact. It is believed that all polar bears are left handed.



## Hydration Recipe of the Week

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

### Kiwi Water

Ingredients:

3-4 ripe kiwis,  
peeled and thinly sliced  
Water

Instructions:

Combine water and kiwis in a pitcher. Stir gently, cover, and refrigerate until flavors combine, at least 1 hour.



## Featured Article

Here are 4 tips to help reduce the inherent risks of a sedentary job or lifestyle:

### **1. Try to Stand at Least Once Per Hour**

To mitigate the effects of sitting all day, you really need to stand up at least once per hour. Stretch a little and walk around for at least one minute before sitting down again.

### **2. Exercise in Short, Frequent Intervals**

You don't have to do a full-on gym workout to get benefits. On breaks, you can walk around your workplace parking lot a few times or do some squats or jumping jacks in the hall.

### **3. Try Deep-Tissue Massage and Yoga**

Sitting for too long can encourage our back, neck, and limbs to settle into unnatural postures. This can have a negative "domino effect" that impacts the alignment and comfort of other body parts. Deep-tissue body work can help a stiff body regain its natural range of motion. Doing yoga is soothing, it improves neuromuscular tissue and posture, and it is accessible to almost anyone.

### **4. Use Technology to Remind You to Stand**

Wellness technologies like the FitBit and Apple Watch have detailed movement and exercise tracking capabilities that can act as a motivating digital "coach" or mentor.

A study published in the Annals of Internal Medicine found that sitting for long periods means there is a 24% higher chance that someone will die from health problems, an 18% higher chance of heart disease, and a whopping 91% increased risk of developing Type 2 diabetes.

Sitting for too long can also have adverse effects on memory. The brain is packed full of blood vessels because it has an extremely high need for blood and oxygen. Sitting for too long encourages the heartbeat and circulation to slow to levels that are not nourishing enough for optimal brain function. Slow blood circulation can also cause swelling in the legs, varicose veins, or even deep vein thrombosis. Poor posture while sitting can also create pressure in the spine that eventually causes compressed spinal disks, which can lead to chronic back pain. And nobody wants that!

The bottom line is that sitting too long or too often is not good for you. Move, stretch, and get regular massage therapy. Your legs, your lungs, your back, your brain, and your entire body will appreciate it. Health is priceless and the rewards are well worth the effort.



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