



LIVING WELL Weekly

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What's Happening?

Who ya got? Or are you like me and don't care? :) Tom Brady continues to defy the aging process. "I see pliability as lengthening and softening of muscles to get back into balance," Brady said. "Over the years, through all the workouts that we do we shorten our muscles. So if you can get them to lengthen, then when you contract, they can fully contract and relax." Brady's pliability training involves lots of stretches and **deep tissue massages**. Be like Brady - GET A MASSAGE! ;)



Fun Holidays this Week...

February 6: National Chopsticks Day - Chopsticks have been in use for over 5,000 years. They originated in China, and are used in virtually all Asian cultures. To participate in National Chopsticks Day, try using chopsticks for your meals today.

February 7: Super Bowl Sunday – Super Bowl 55 - KC Chiefs vs. Tampa Bay Buccaneers



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:

Cinnamon Fruit Water

Ingredients:

1 apple, sliced thin
1 plum, sliced thin
1 pear, sliced thin
2-3 cinnamon sticks
Water

Instructions:

Slice apple, plum and pear into thin slices
Combine all ingredients in a pitcher with ice water.
Keep in refrigerator and continue to add more water as needed.



Featured Article

Why Massage is Good For Your Heart

Cardiovascular disease is the leading killer of men and women in the United States, according to the American Heart Association and the Centers for Disease Control and Prevention. So since February is American Heart month, let's explore the ways in which massage can protect and improve your cardiovascular health.

A number of long-term studies have shown that a consistent massage program can decrease diastolic and systolic blood pressure. And maintaining a healthy blood pressure can contribute to lowering the odds of one having a heart attack. By massaging and relaxing the muscles of the body we reduce stress, stimulate nerve endings, release endorphins and decrease the stress hormones cortisol and adrenaline.

Massage therapy releases contracted muscles and pushes venous blood towards the heart, easing the strain on the heart. In this way, massage offers a drug-free, non-invasive and humanistic approach for allowing the body to naturally heal itself.

Getting a massage on a regular basis from a skilled practitioner, like myself, is the key to receiving cardiovascular benefits from massage. Keep in mind that the effects massage are cumulative. If the goal of massage is health maintenance, a massage every week or two can help one feel better and reduce tension and stress levels.

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