



Massage Basics

Let's start at the beginning for those of you who might be new to massage. If you have never had one before, let's talk about what you can expect.

Prepare for your massage by doing the following:

- eat a light meal and allow for time to digest
- drink a lot of water!
- avoid alcohol and caffeine
- take a warm shower
- wear loose fitting, comfortable clothing
- arrive 15 minutes early to fill out new client forms

Once in the treatment room, your therapist will go over your intake form, discussing things like areas of concern, goals, injuries, pressure, and areas of the body to avoid. The therapist will direct you to undress to your comfort level while she/he steps out. That level is different for every person, and could be anywhere from remaining fully dressed to being completely undressed. You will then lay down between the sheets either face up or face down depending on which way the therapist recommends.

When you are ready, the therapist will return and the massage will begin.

During the massage, level of conversation should be up to you, the client. But always know, during your massage, communication is key!

Let your therapist know if something is painful, uncomfortable, or if you need the pressure adjusted.

Only the portion of the body that is being worked on will be exposed. Once the massage is complete, the therapist will step out of the room again, to allow to get dressed and wait for you to exit the room.

Usually there is a quick conversation at the end to discuss what the therapist saw/felt, and recommendations for continuing care.

Hopefully that takes away any questions or mysteries surrounding your first massage.

Now get to booking that appointment!

Connie Maun, LMT



Learning to love...you!

Heart Healthy Habits

February is American Heart Month!

Did you know that heart disease is a leading cause of death in the United States? The good news is there's a lot you can do to protect your heart and stay healthy!

- Choose heart-healthy foods such as vegetables, fruits, and whole grains. Limit foods with saturated or trans fats and added sugar.
- Manage stress, which can contribute to high blood pressure and other heart disease risk factors. Consider healthy, stress-reducing activities such as talking to a professional counselor, exercising, or meditating.
- Get enough good-quality sleep. Sleep plays a vital role in good health and well-being throughout your life. During sleep, your body is working to support healthy brain function and maintain your physical health. According to the American Academy of Sleep Medicine, adults over 18 years old should aim for 7 to 9 hours.
- You can also lower your heart disease or stroke risk by simply moving more. There are many options when it comes to physical activity, but as little as 60 minutes a week of moderate-intensity aerobic activity such as walking briskly helps your heart!

Alissa Kelly, NASM CPT/CNC

**Be sure to talk to your doctor before you start a new exercise plan, and then try a few options to figure out what works best for you.*



Mindful Technique

Breathing

Focus on your breathing. When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.



CHECK OUT AND SUBSCRIBE TO
OUR **NEW** YOUTUBE CHANNEL
@RockCreekWellnessPA

724.269.7222

office@rockcreekwelless.org

60 B Franklin Rd. Mercer PA 16137



ROCKCREEKWELLNESS.ORG