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## SUMMER NEWSLETTER 2010 - [www.completeworxmassage.co.uk](http://www.completeworxmassage.co.uk)

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### Welcome to the Summer Newsletter...

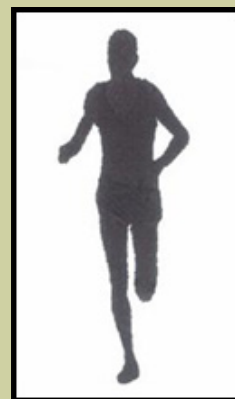
Hope you are enjoying the summer, I have put together a few articles you may enjoy. I am more than happy to respond to requests for particular health related articles. Reply with "no thanks" if you would prefer not to receive this seasonal newsletter. This is supposed to be an interesting read not a chore!

#### Avoid Injuries and Stay in the Running

The only thing a runner fears more than crazy dogs and emergency toilet breaks is getting hurt. Having an injury means taking a break, losing fitness and that endorphin fix and gaining weight.

Two tips to prevent injury:

1. Know your limits. If you push yourself too hard and injure yourself, you are back to square one with the training.
2. Listen to your Body. When you feel pain, stop running and fix it. Pain in your lower calf near your Achilles tendon or along your shin needs attention. For more in depth preventative advice, visit: [Click for more](#)

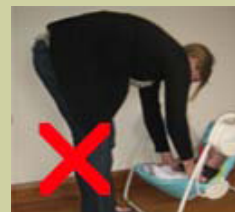


#### Ways to prevent post baby back ache

Good posture and a strong core are vital during pregnancy to relieve the aches and pains caused by the physical challenges the extra weight put onto the body. As your centre of gravity moves forward, the spine works harder, abdominal muscles stretch, ligaments soften, and joints loosen.

Post birth the immediate challenges of weight loss, lax abdominals and a baby to carry, all call for Vanessa's top tips:

1. Bring baby to your breast and not breast to baby, keeping back straight ♦ place a foot on a stool
2. To lift your baby correctly, squat down with back straight instead of bending forwards with straight legs and stand using your thigh muscles
3. Lifting out of a car seat, climb into the car next to your baby, lift onto your lap and stand as a unit
4. Avoid using the same hip to carry your baby.



## Planning a summer wedding or taking exams?

Imagine lying on a beach of sun baked pebbles and melting into them, listening to the gentle lapping of the waves on the beach and feeling a million miles away from home. The warm stones deeply relaxing the body, and the cool ones taking away any tension in the muscles or the mind.

The stones work with the whole body ◆ inside and out creating "balance" or homeostasis. Clients comment on the "energising" and "grounding" properties of the treatment as well as "feeling like they have been somewhere else" during the treatment. Imagine a mini holiday at a fragment of the cost without having to use a plane and being stranded! [More Information](#)

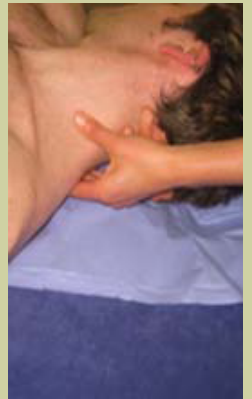


## Charity walks, runs or rides made pain free

I am impressed to see in the Henley Standard how many from the Henley area take part in Sporting Challenges for Charity. The benefits of having a massage before and after a sporting event are enormous. Pre event massage improves muscle flexibility, increases range of motion in the joints and reduces muscle tension and helps to prevent injury. While post event massage reduces muscle soreness which means you can walk down the stairs the morning after the run, walk or bike ride!

### SPECIAL OFFER:

I am offering a £20 half hour massage pre event and a FREE massage afterwards for all Charity athletes until 31st July 2010.



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