



Sports Therapy Massage | Body Composition | Double Productivity | Wellness Retreat

### New Service Spotlight: SPORTS THERAPY

Sports massage is a manual therapy for muscle and soft tissue pain and weakness and is a popular and widely used modality for recovery after intense exercise. Sports Massage provides an in depth discussion of applications of foundational massage techniques within a sports massage approach. This specific technique, emphasizes proper therapist mechanics, including working posture, proper table height, and effective client positioning to help improve the delivery of your technique and reduce strain on your arms, hands, and back. Some sports massage therapists use myofascial techniques that focus on stretching the fascia. These are the connective tissues surrounding muscles, tendons, and ligaments in the body. Myofascial massage techniques involve the therapist applying forces in opposing directions, which relaxes the tissues. It can help ease pain and increase mobility in the tissues and surrounding muscles. As a benefit to our guest residents and members, Wellfitness would like to introduce a variety of massage specials including Sports Therapy massage, Deep Tissue massage, and Swedish massage. Our therapists are highly qualified in multiple fields of therapeutic massage techniques Please visit our Webshop by scanning the QR code or the "click here" button below.

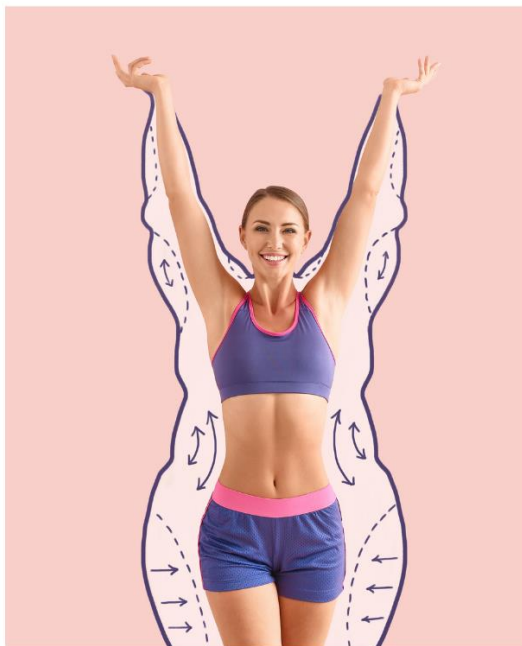
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 Effectiveness of Sports Massage for Recovery of Skeletal Muscle From Strenuous Exercise.  
 Clinical Journal of Sport Medicine: September 2008 - Volume 18 - Issue 5 - p 446-460 doi:  
 10.1097/JSM.0b013e31816897a1  
 Findlay, Susan. Sports massage. Human Kinetics, 2010.

### Katie's Wellness Retreat

Join us for a unique wellness retreat experience in the heart of beautiful Portugal with wellness advisor and yoga teacher Katie Doyle. We will head to Fundao, Portugal to the retreat property, a modern-meets-old world boutique property complete with a pool and in close proximity to the Serra da Gardunha mountain. Central Portugal is known for gorgeous scenery, beautiful wines, and authentic gastronomy. NaturED is a 5-night, 6-day immersive wellness experience designed to give humans permission to "disconnect to reconnect." This nature-centered wellness retreat is in the heart of central Portugal. The retreat venue located in Fundao, Portugal is a modern-meets-old world boutique property complete with a pool and in close proximity to the Serra da Gardunha.

Scan the QR code to view the full itinerary!





### Weight Loss vs. Fat Loss: How to Tell the Difference

The terms "weight loss" and "fat loss" are often used interchangeably, but they're not the same thing. So what's the difference? Weight loss is a drop in your overall poundage, which includes weight from muscle, water, and fat. Fat loss, on the other hand, is just a drop in body fat. Understanding the difference can help you on your health quest. Many weight loss programs claim to help you lose weight quickly and easily. However, it's important to realize that a significant amount of this weight may include water and muscle losses. Losing muscle can be detrimental, as muscle is a crucial component of your overall health. Maintaining a healthy percentage of muscle has several benefits, such as regulating healthy blood sugar levels, maintaining healthy fat levels — like triglycerides and cholesterol — in the blood, and controlling inflammation. Indeed, several studies have linked a higher fat-to-muscle ratio to chronic diseases like metabolic syndrome, heart disease, and diabetes. Additionally, the more muscle you have, the more calories you burn at rest. Consequently, losing weight in the form of muscle can decrease the number of calories you burn at rest, making it easier to regain any weight you lost in the form of fat. There are a few simple ways to ensure you'll lose weight in the form of fat and either maintain or gain muscle mass; eating plenty of protein, exercising regularly, and following a nutrient-dense diet that puts you in a slight calorie deficit.

BWritten by Gavin Van De Walle, MS, RD on February 9, 2021 — Medically reviewed by Kathy W. Warwick, R.D., CDE, Nutrition

### Book of the Month

Effective time management is one of the most important skills for boosting productivity. Studies have shown that the biggest underlying factor for stress and chronic fatigue is incomplete action. That means the more little things you leave undone, the more cluttered and stressful your life feels. Learn how to eliminate this problem completely and rejuvenate your mind and body's well-being!

With a handful of strategies, you'll be able to not only finally get things done, but also get them done quicker and more efficiently, leaving more time to do the things you actually want to do. In this powerful time management session featuring Brian Tracy in front of a live audience, you'll learn how to organize every area of your life.

You'll discover several time management tips, including the best ways to eliminate time wasters, time management techniques for maximizing productivity, how to increase your personal power, how to make yourself more valuable, and keys for staying motivated.

No matter what you do for a living, this reading promises to bring your time management skills and organizational skills to a new level.

Brian Tracy is one of the most in-demand speakers in the world on the subjects of effective time management, business productivity, and personal performance.

He's a dynamic and entertaining presenter, teaching important strategies on how to reach higher levels of achievement, income, and happiness.

As the author of dozens of books covering the entire spectrum of human and corporate performance, Brian Tracy has appeared on countless television and radio shows.

He is also featured regularly in major publications across the country, and overseas. Brian Tracy has also conducted high-level consulting assignments with several billion-dollar-plus corporations in strategic planning and organization development.

