

SPRING INTO SUMMER 2017

# ALBERTA MASSAGE THERAPY

MAGAZINE

FEATURING:

## Alberta Momentum Massage

One of Edmonton's leading therapeutic massage therapy clinics **page 18**



- Turn to **page 2** to a warm, inviting center that meets the holistic and therapeutic needs
- A Therapeutic and Welcoming Place with a Lot of Soul on **page 10**



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# Therapeutic Body Concepts: Tia Blakely's Journey from a New Graduate to a Successful Business Owner



Tia Blakely, owner of Therapeutic Body Concepts, has been a massage therapist for seven years. After graduating from high school, she completed the Registered Massage Therapy (RMT) program at MacEwan University in Edmonton, Alberta. She graduated from the course in 2010 and immediately began

working in the field. Although she quickly developed her skills and clientele, Tia wanted to continue pursuing a post secondary education. She enrolled at North Alberta Institute Technology (NAIT) where she completed the Power Engineering program. While studying at NAIT, Tia continued to work part time as an RMT and soon realized that she wanted to own her own massage therapy clinic.

She graduated from NAIT in 2013 and began working as an independent RMT by renting a commercial space in downtown Edmonton. She learned numerous lessons about business and customer service including self employment strategies and building a client base during these months.

In 2014, Tia officially opened her own massage therapy clinic when she purchased Therapeutic Body Concepts from Leanne Power. Leanne opened the clinic in 1998; she was sole proprietor until 2014 when Tia took over. For Tia, the clinic was everything she was looking for in a massage therapy business. She worked diligently to create a place that was her own while honouring the pride Leanne felt about her "baby".

At the time of purchase, Tia's business background was very limited but she took on the venture with an open mind, positive attitude, and unbridled gusto; ready to take on any challenge.

The first year was a true learning experience for Tia. She used the knowledge she gained during this time to develop strategies that would quickly increase the growth and customer base of the clinic. Her success was apparent when she quickly outgrew the clinic space. She rented more space to expand her clinic from a four-treatment room facility to a seven-room center. She also hired more staff to accommodate the growth.

By 2015, Tia decided it was time to move her prospering business to a bigger, more permanent location. She wanted a more stable place that she could own that had the specific criteria she was looking for in both location and size.

In January, 2016, she found the perfect building a mere nine blocks away from her current space. After purchasing the new facility, Tia spent a month renovating and designing her new dream clinic before transferring her business to High Park from Stony Plain Road. Her



new, permanent clinic consists of nine treatment rooms and yoga studio. In May 2016, Tia hired a Registered Acupuncturist to compliment her team and services.

In designing her new center, Tia wanted to create a warm and inviting place that was relaxing and cozy. She chose to use rustic wood, stone accents, gray and earth tone flooring, and gray furnishings. Barn doors, breathtaking artwork, flowers, and soft, natural colour schemes encompass every room in the clinic. Each treatment room is individually designed to create an authentic, soothing atmosphere. Salt lamps and oil diffusers are also used throughout the clinic to further soothe and relax the clientele. The entrance is mint scented with essential oils to create an immediate calming effect for clients when they first walk through the door. Her clients have often described the clinic as "a cozy, homey cabin" and they feel like they are "in the mountains of Banff" when they enter the facility.

There are currently two couple's rooms for two people to enjoy a dynamic massage treatment together. Large barn-style doors separate the two areas for individual and couple massage treatments. This package is perfect for special holidays, anniversaries, birthdays or "just because" moments.

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Since opening her new clinic, Tia has continued to work diligently to create a warm, inviting center that meets the holistic and therapeutic needs of her clientele.

Today, Therapeutic Body Concepts offers a variety of relaxing and therapeutic massage treatments. Her primary services include deep tissue massage, Swedish or relaxation massage, hot stone massage, couples massage, and Acupuncture.

Other services offered include prenatal massage, sports massage, reflexology, traditional Thai massage and Thai reflexology, children and infant massage, glass cupping, dynamic myofascial cupping, Reiki therapy, manual lymphatic drainage, Chinese auricular (ear) reflexology, raindrop therapy, RAPID Adhesion release, Kinesio taping, Jade Stone massage, Lomi Lomi massage, TuiNa Chinese massage, Gua Sha treatments, and John F Barnes myofascial release.

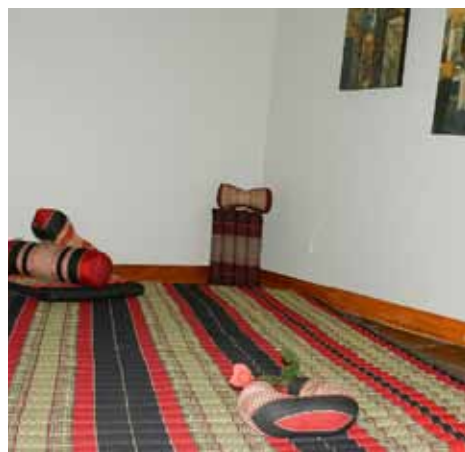
**“Tia wanted to create a warm and inviting place that was relaxing and cozy**



Her yoga studio offers classes in Yin, Hatha, and Vinyasa Flow yoga. Breathwork and meditation workshops are also offered in the studio; Tai Chi and yoga for the blind will be starting soon.

Therapeutic Body Concepts sees a diverse group of clientele for different needs. With so many services available, people from all levels of society come to Therapeutic Body Concepts for many reasons. Tia's staff offer a multitude of holistic physical and mental therapy sessions. Everyone who goes to Therapeutic Body Concepts has the same goal: they want to better themselves through holistic self care treatments. Commonly, the clientele tends to be active adults between 20 to 50 years. Some are pregnant while others are recovering from an accident.

Tia currently employs 11 Registered Massage Therapists (RMT), one Acupuncturist with RMT training and two Client/Patient Coordinators. Tia openly praises her staff as a hardworking and passionate group who demonstrate a wide variety of skills and experience. Each member adds a high level of diversity and knowledge to the clinic. She is currently in the process of hiring two more RMT's for her center.



Tia takes time when hiring new staff to make sure she finds professionals who are hard-working and have drive. She looks for staff who are positive, possess a great attitude, learn fast and will get along with the other staff. Formal training and experience are also required. The interview is a two-part process that includes a formal interview and practical portion for the RMT's.

Tia takes great pride in ensuring that her clients always receive highly professional and respectful customer service. The receptionist greets every client when they first walk into the center. New clients are escorted by their therapist to a treatment room to discuss their needs and, if needed, develop a treatment plan. Anyone who phones can expect their questions to be answered promptly.



Therapeutic Body Concepts offers two different promotion options: 10 percent discount for every client who refers a friend and package discounts options for the 5 and 10 packs of treatments. They also host several seasonal promotions including a 10 percent student/teacher discount in September, a \$10.00 price reduction for couple's massages in February, and a holiday discount of \$5.00 savings on gift certificate, or buy 3 and receive \$10.00 off. These gift certificate promotions are held every November and December.

When she's not running the clinic, Tia and her crew are very active in the community. They volunteer for many charitable events including Ronald McDonald House in April and MacEwan's Stress Less event. They also attend several markets throughout the city when time permits.

Tia's passion and drive helped her achieve her dream of owning her own Massage Clinic in a very short period. Within three years of purchasing the facility, Tia has built Therapeutic Body Concepts into a successful and thriving upscale massage clinic that offers many world class holistic and therapeutic treatments to a variety of clientele.



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# EVERY STEP COUNTS

Give your walking power and your health a boost with the help of a pedometer

By Barb Gormley

“Wearing a pedometer for the first time was a real eye-opener,” says Mike Mather. He was introduced to the handy step-counting device, which clips to your waistband, two years ago at his diabetes education exercise class.

“Many people in the class didn’t realize how few steps they took in a day, especially if they had desk jobs,” says the 65-year-old travel agency owner from Deep Brook, N.S., who was diagnosed with diabetes seven years ago.

As part of the exercise program, his class took on the challenge of travelling all the way around Nova Scotia—on paper, that is! They combined their daily step totals, and were thrilled to successfully complete the 2,500-kilometre journey over the eight-week program.

Mr. Mather and his wife, Diane, challenged themselves to walk an impressive 10,000 steps per day during the program. “If at the end of the day one of us was 3,000 steps short, it motivated us to go for a walk that evening. I hate to lose!” he says.

Monitoring his steps became part of Mr. Mather’s daily routine, and even after the program was completed, he continued wearing his pedometer each morning.

### The benefits of pedometers

“They work so well because they give instantaneous feedback, the same way video games do,” says Dr. James Mandigo, associate professor of physical education and kinesiology at Brock University in St. Catharines, Ont. “You always know how you’re doing, and this builds your confidence.”

While experts often cite 10,000 steps per day as an ideal target, this may be too ambitious a goal for people who are just getting started with activity, says Joanne Lewis, healthy eating and nutrition programming director for Diabetes Canada. (The average Canadian walks an estimated 3,000 to 4,000 steps per day.) Instead, she suggests that you determine your current walking activity level and then gradually increase it over time.

“Start by monitoring how many steps you take on an average day, then if you’re able to, add 500 per day until you eventually reach 10,000,” she says. “It may take a while, but in the meantime you’ll be more physically active than you were in the past!”

### More good news

When it comes to the benefits of walking, it’s unanimous. “Research shows that walking can improve fitness levels, blood sugar control, A1C levels, cholesterol values and body weight,” says Dr. Paul Oh, a scientist and medical director of the Cardiac Rehabilitation and Secondary Prevention Program at the Toronto Rehabilitation Institute. He notes that a collection of studies have shown that, on average, people who wear pedometers take 2,000 more steps per day than people who don’t. Additional studies show that pedometer-wearers walk faster and more frequently, and are more likely to stick with a walking program, than those who don’t use one.

Research shows that walking can improve fitness levels, blood sugar control, A1C levels, cholesterol values and body weight.”

Dr. Paul Oh, scientist and medical director

## HOW TO CHOOSE A GOOD PEDOMETER

### Three things to look for:

**1 Accuracy** Poor-quality pedometers are often too sensitive or not sensitive enough. Do these two quick tests: **i)** Reset your pedometer to zero, and take 20 steps. An accurate pedometer will record 19 to 21 steps. **ii)** Stand still and wave your arms, as if you’re conducting an orchestra. An accurate pedometer will not record any steps.

**2 Cover and safety strap** A hard cover protects the face of the device if it falls off. The safety strap keeps it from falling if it becomes unclipped.

**3 Talking feature** If you find it difficult to read or manage your pedometer, consider one with an audio feature that will announce your step count at 1,000-step milestones or at the touch of a button.

### How to choose a good pedometer app

If you have a cellphone, look at the free pedometer apps available. Do the 20-step test (see above) to check them for accuracy, and explore their features. Some will map your route as you move about town, and track distance, elevation and speed. Also, determine if the app counts steps when your phone is in sleep mode, if it requires GPS and how much battery power it draws.

### Every step counts, indoors and outdoors

Consciously adding extra bits of exercise—by taking the stairs instead of the elevator, walking over to a colleague’s desk instead of emailing, and pacing during phone calls and television commercials—can significantly boost your day’s step total. And, of course, remember that the indoor steps you take while vacuuming, climbing stairs, and moving about the kitchen as you cook all count as well.

DID YOU KNOW?

Regular physical activity helps you better manage your blood glucose and diabetes. During physical activity, active muscles allow your body to use glucose more efficiently, and this effect lasts for one to two days. For more information, read “Planning for Regular Physical Activity” at [diabetes.ca/planactivity](http://diabetes.ca/planactivity).

DIABETES CANADA | END DIABETES

For more information about Diabetes Canada, please visit [diabetes.ca](http://diabetes.ca)



## Take a Walk sample program

Use this four-week beginners’ program to gradually and safely increase the amount of walking you do each day. Each week, increase your target by 500 steps over the previous week’s target. And don’t give up if you don’t meet your target!

Week 1: Use your pedometer to determine a baseline.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Total weekly steps = \_\_\_\_\_ ÷ 7 = \_\_\_\_\_ = Week 1 daily step average

Week 2: Increase your steps.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Week 2 target = \_\_\_\_

Total weekly steps = \_\_\_\_\_ ÷ 7 = \_\_\_\_\_ = Week 2 daily step average

Week 3: Increase your steps.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Week 3 target = \_\_\_\_

Total weekly steps = \_\_\_\_\_ ÷ 7 = \_\_\_\_\_ = Week 3 daily step average

Week 4: Increase your steps.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

Week 4 target = \_\_\_\_

Total weekly steps = \_\_\_\_\_ ÷ 7 = \_\_\_\_\_ = Week 4 daily step average



# “But I don’t like fruit or vegetables...”

**You know they’re good for you. And you want to eat more of them, really. Try these tips to feel more love for healthy produce.**

If you’re not overjoyed by oranges or elated by eggplant, you’re not alone. According to Statistics Canada, just 40 percent of Canadians consume at least five servings of fruit and vegetables daily (the recommended minimum for adults is seven servings!).

Relatively low in calories, vegetables and fruit are filling and high in fibre, vitamins and minerals. Plus, a diet that’s rich in vegetables and fruits may help reduce your risk of heart disease and stroke.

For optimal health, your goal is to fill half your plate with vegetables or fruit at each meal. But let’s start small and look at the barriers that may be keeping you from enjoying all the benefits of vegetables and fruit.

**If you just don’t like ‘em?**

Sometimes an aversion may be due to childhood memories of being forced to eat vegetables you disliked. In other cases, people are turned off because they’ve only eaten overcooked or mushy veg. A properly prepared vegetable can be a game changer!

About 25 per cent of people are “supertasters,” which means that they have strong taste receptors for bitter flavours,

so mild foods like broccoli taste unpleasant. Here are some suggestions to boost your vegetable intake, even for the harshest critics:

- Pair with foods you already like: Start by adding a slice of tomato to a beloved hamburger or mushrooms into an omelette.
- Play with texture: If you hate mushy vegetables, try raw, shredded, roasted or stir-fried versions instead. Love crunchy foods? Try baked kale or beet “chips.”
- Enjoy more soups: If the texture of both raw AND cooked vegetables is not your thing, puree them instead. Prepare blended soups or smoothies to increase vegetable and fruit consumption.
- Add spectacular flavor: A little olive oil and garlic, a drizzle of balsamic vinegar, a squeeze of lemon, or a handful of fresh herbs can add excitement to veggies.

**And if you have no time?**

If lack of time or inconvenience is keeping you from eating more vegetables and fruit, try these strategies:

- Add to breakfast: Start the day off right with avocado on toast, berries on cereal, or broccoli in an omelette.
- Enjoy more salads: If you’re dining out, salads are on almost every menu. When eating in, use pre-washed greens so convenience is not a barrier. Easy win.
- Plan in advance: Spare an hour each week to cut carrots, celery and sweet peppers and store them in the fridge for easy snacking and meal prep.
- Double up: Cooked vegetables last three or four days in the fridge, so cook extra and enjoy the leftovers for lunch.
- Grab and go: Cherry tomatoes and snap peas make great snacks, as do apples, bananas or oranges.
- Use the freezer: Frozen vegetables are as nutritious as fresh ones, and don’t wilt in the produce bin! Keep a supply of frozen broccoli, peas, leafy greens and stir-fry mixes on-hand for simple meals.

With an abundance of vegetables and fruits to choose from and many ways to prepare them, you’re bound to find something you love!



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# Muscle Elements: A Therapeutic and Welcoming Place with a Lot of Soul

During the early years, Muscle Elements was a massage therapy clinic with three therapy rooms. Within six years, the clinic grew significantly in clientele and services offered. Along with massage, Muscle Elements began offering Acupuncture, Hypnotherapy, Naturopathic medicine, and Psychology sessions. The facility offers adult and pediatric services. Marni specializes in adult and pediatric cranial sacral massage and Access Consciousness treatments.

The other massage therapists offer a variety of services including cupping, PhysioKey, MPS therapy, and RAPID Adhesion Release, a technique used to enhance the massage treatment.

After six years in Sherwood Park, Muscle Elements outgrew its location and moved to a much bigger facility

on Chippewa Road. The newer, upscale location now has six large treatment rooms. The entrance to this new location is decorated in soft, pastel hues, creating a warm and inviting atmosphere.

Muscle Elements continues to offer its clientele the highest level of customer service and treatments. It is the standard of care that made the clinic so successful and kept clients returning to the clinic for all their health and wellness needs.

Marni has 14 women working at her clinic. This exceptionally talented group of professionals have a diverse level of training and experience; further enhancing the services and treatments offered at the clinic. There are six Massage Therapists: Amanda, Emer, Heather, Heidi, Jee, and Melissa; two Acupuncturists: Carleen and Trudi; Naturopathic Doctor, Jennifer

Yee; one Clinical Hypnotherapist, Tracy; a Registered Psychologist, Kelley, and three receptionists: Molly, Monika and Deanna, who complete the team. Deanna is currently enrolled in a massage therapy program and will be finished her studies this June.

Marni is proud to call her team of professionals the “best team”. Each member brings a passion and comradery to the close-knit group; fostering a genuine atmosphere of caring and wellbeing. Because each professional has different training and experiences, they often cross-reference clients to each other. This, in turn, gives the consumers a higher and more complete level of care for their issues.

The clientele at Muscle Elements are a diverse group of people ranging in age from 18 to 65 years. Many come to the clinic with various injuries or conditions including work related health issues, sports injuries, or trauma resulting from a motor vehicle or other accidents. The center also provides some postnatal and pediatric therapies.

Today, Muscle Elements offers a variety of services by highly trained professionals including:

## Relaxation Body Massage

This deeply relaxing massage uses lighter pressure to relieve muscle tension, improve both circulation, and flexibility.

## Deep Tissue Massage

Slower and deeper massage movements are used to work on specific areas of the body. This massage is great for chronic medical conditions caused by sports or work related tasks.

## Cupping Massage

Glass cups are used on the body to create a vacuum seal that suction the skin into the cup. This ancient technique is designed to increase blood flow to a specific area, expel toxins, soften the underlying muscle tissue, and relieve pain.

## Naturopathy

Naturopathic medicine focuses on holistic healing practices that treat the whole person, not just the symptoms. The practitioner uses a variety of natural factors including lifestyle, diet, nutrition, education and counselling, acupuncture, homeopathy, and herbal and Chinese medicines to get to the root of the condition. The focus of naturopathic medicine for complete mind and body wellness.



Marni Way knew at a very young age that she was going to be a massage therapist. As a young girl, she used to massage her grandfather's feet. Paralyzed by Multiple Sclerosis, the gentle treatments offered by his loving grand daughter helped improve circulation to his lower extremities.

After graduating from high school, Marni followed her lifelong dream by enrolling in Foothills College of Massage Therapy. She successfully completed the program in 2004 and shortly after, moved to the west coast of Vancouver Island. While living in BC, Marni worked at the prestigious Wickanninnish Inn for the first few years of her career. During her time there, she learned many valuable and life changing lessons related to her field, business ownership, and customer service.

Marni eventually returned to Edmonton to continue her career in massage therapy. She opened her clinic, Muscle Elements, during one the darkest moments of her life. After losing her mother to cancer, Marni wanted to create a place for healing. The clinic was her sanctuary during her difficult time of grieving. She wanted to create a serene place where clients could come to relax; Marni put her heart and soul into designing her business.



### Osteopathy

Osteopathy works with your body to restore mobility through a whole body (holistic) approach. The therapists' hands are sensitive and knowledgeable, trained to do strong manipulations, joint movements and massage techniques, combined with gentle, very subtle techniques to free restrictions around vital organs and other body structures. Manual Osteopaths utilize a whole body (holistic) approach with completely hands-on treatments, finding the root cause of the pain and reduced mobility.



### Acupuncture

Fine needles are inserted into specific parts or areas of the body to restore the natural balance or "Qi" (pronounced 'chi'). This ancient Chinese treatment is beneficial for many disorders including: circulatory, respiratory, gynecological, musculoskeletal, gastrointestinal, and psycho-emotional. It works well with other therapies including cupping, immune boosting, and auricular.

### PhysioKey

This non-invasive treatment helps relieve acute and chronic pain. Like a TENS machine, PhysioKey uses a neuro-stimulating device to create sensations to provide relief in targeted areas.

### Holistic Psychology

Holistic psychologists adopt a whole person approach to health. The focus of therapy is on increasing our sense of personal empowerment and freedom. Cultivating self-awareness begins the process of self-acceptance, thus creating space for the transformation of limiting behaviours, thoughts, and beliefs.

### Cranial Sacral Therapy

This hands-on therapy gently manipulates the skull bones at the sutures - fibrous joints that hold the skull bones together - to realign the skull bones so they move in sync with each other. This allows the cerebral spinal fluid to circulate properly. Cranial Sacral Therapy helps provide relief for many conditions including: Tinnitus or ringing in the ears, depression, TMJ Dysfunction, brain/spinal dysfunction, headaches, and numerous chronic aches in the body.

### Hypnotherapy/Hypnosis

Hypnotherapy helps clients delve into their subconscious to get to the root of their issues. During the session, clients are completely relaxed, aware and in control. By getting to the root of their issues, the individual gains a clear understanding of their problems and what is holding them back.

### Access Consciousness Bars

This alternative therapy applies light pressure to the 32 points or bars on



Photographer: Nicole at Oh Snap! Photography



the head to create a shift in the body. The treatment is likened to de-fragging a hard drive. By creating a shift in the client's body and level of awareness, their outlook improves; becoming more joyful.

### Lactation Counselling

This year, Dr. Yee, the center's naturopath, and the two Acupuncturists, Carleen and Trudi, will be starting Lactation Counsellor Training in May to add to the postnatal services offered to mom's and their baby's.

The products used at Muscle Elements come from a variety of suppliers including: Barefoot Venus, Inner Fire, Young Living Essential Oils, Pixie Glassworks, and Nature's Essential Garden.

Clients are the clinic's top priority. Marni values her clientele and demonstrates her gratitude by offering loyalty programs. After receiving five regular priced treatments, clients receive \$15 off their next treatment or purchased product.

The referral program gives patrons a \$5 discount on any product or treatment for every family member or friend that they refer to the clinic.

Marni and her exceptionally talented team strive to provide their clients with the best services possible for optimal healing and health. Their diligence and passion are evident in the loyalty of their customers and growth of the clinic. They were also rated by Threebestrated.com as one of the best massage therapy clinics in Sherwood Park. This ranking is a testament to the services that are offered at Muscle Elements.



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Good massage therapists are always in demand as more people from different walks of life discover the benefits of massage. The field of massage therapy is constantly evolving with new therapies being developed. Massage therapy today is practiced in both traditional clinics and in non-traditional settings such as in the client's home or office. The ability to provide the best for the client involves having a high level of skill as a therapist, and using the most comfortable and effective products and equipment for any situation. New massage students and experienced massage therapists alike will find what they need for their business at Massage Essentials in Edmonton.

Robert Desjardins opened Massage Essentials in 2003, and it has now grown into one of the largest suppliers of massage therapy equipment in Canada for massage clinics, schools, students, and therapists. Recently the store moved to a new and bigger location at 4624 – 99 Street NW in Edmonton. The store is dedicated to providing everything a massage therapist needs with high quality products at a reasonable price.

Customer service is the priority for Robert, and he wants to make sure the shopping experience is as convenient as possible for the busy massage therapist. Knowledgeable and trained staff members are there to assist in finding the best product among the wide selection, whether shopping in person or by phone, fax, or online. Customers are supported before, during, and after the purchase to help make the most cost effective choice and to ensure the products are used correctly. Any concerns are dealt with promptly if there are any questions or if problems arise. Although the store has grown it still has a small-time, friendly feel as staff members get to know the customers as individuals and can provide assistance in finding the right equipment for the massage practice.

The store showroom is spacious and designed to allow the customers to easily find what they need, or to browse and find out what options are available. Customers can ask questions and get information and advice about the different products. New products are continually being developed in the massage industry, and Massage Essentials keeps current with the most recent advances in order to allow the therapist to provide the most modern therapy techniques to the massage client.

Customers can shop online for delivery across Canada. The website is easy to navigate and includes information about the products along with easy instructions for purchasing. Most items are shipped by courier within one to two days of ordering. The website allows customers to see and get information about new products and to compare prices and sizes etc. There are also links to the manufacturers' websites for more details about the products.



Massage tables are one of the most important pieces of equipment in massage therapy. Depending on the type of practice the therapist might want a portable table that can be easily transported to the client, or a stronger stationary table for use in the clinic. Massage Essentials has a complete selection of both portable and stationary tables, including lift tables that give more options to adjust the height. Customers can also find any table accessories they need to give better service to the client, such as face rests, arm rests, and anti-slip pads among others.

Massage chairs are also available that are lightweight but flexible to accommodate a wide range of client types. The chairs are adjustable and comfortable to allow the client to be at ease. Some of the chairs are portable for clients outside the clinic. There are also more advanced robotic massage chairs that are ergonomic for providing relaxation. For the massage therapist there is a variety of adjustable stools to make the practice easier.

Massage therapists can choose from a wide variety of products needed to give a professional massage, including for clients who require more specialized therapy. Sheets, towels, and blankets give the client comfort and privacy. Cushions and bolsters allow for easier body positioning. Oils, lotions, gels, and creams allow for a smoother and more effective massage for any skin type. For clients in pain there are pain relief products, moist heat packs, analgesics and many other options for helping to reduce pain. Some bath and skincare products are available

for home use. There are also products to make the therapist's job easier, including knobs and rollers to help give a more intense massage without undue strain on the therapist.

Other products available are used to help create the right atmosphere in the clinic. Clients can relax using aromas and music, temperature, or décor. There are also educational books, charts, DVD's, and disinfectant supplies for clinical hygiene. At Massage Essentials, the staff members take the time to listen to the customer to find out what is needed. They take an interest in the massage therapist's practice and want to provide the most suitable solutions for what is needed. If an item is out of stock or isn't carried by the store, the staff will try to find out where it can be found.

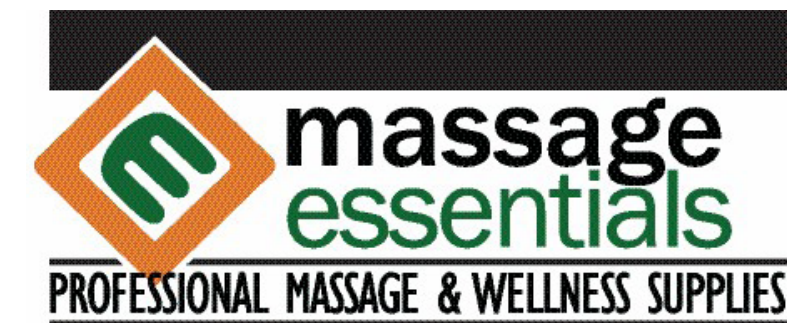
Robert focuses on promoting products made in Canada that give value to the customer. Bio Origin from Quebec manufactures massage oils, gels, and creams that are natural and not tested on animals. The products can safely be used on sensitive skin and can provide a smooth massage along with hydration without leaving residue.

Gecko products from Winnipeg manufactures massage gels, lotions, and oils. Gecko products are designed to be easy and effective for professional massage therapists to use. Products are available for many different skin needs to give a good massage and leave the skin moisturized. Details about both Gecko and Bio Origin are on the Massage Essentials website.



New products are thoroughly evaluated for quality and ease of use. Most people now want more natural, organic products that are safe and effective. Feedback from customers is important in decisions on product lines to carry. In future Robert plans to expand with even more product lines, and is also working on developing his own line of lotions that will be made in Canada.

Massage Essentials was founded on a need to provide better service to the massage therapy industry. Robert Desjardins was a massage therapist himself for twelve years and his experience led him to realize that there was a need for more choices and higher quality in the equipment and products he required in his practice. When he opened his own retail supply store it was with the same values of caring for people that he held as a massage therapist. He provides excellence in service at a fair price to help other massage therapists succeed in their own practice.



**Massage Essentials is located at**  
**4624 – 99 Street NW, Edmonton, AB T6E 5H5.**  
**Phone 780-701-5018 or toll free 1-866-490-5868**  
**or visit the website at [www.massageessentials.ca](http://www.massageessentials.ca)**




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 & WELLNESS CLINIC



**A**lberta Momentum Massage Therapy and Wellness Clinics is one of Edmonton's leading therapeutic massage therapy clinics. The certified Registered Massage Therapists (RMT) at both locations use different massage techniques to focus on healing and wellness. The first clinic was built on creativity, ingenuity, and a caring philosophy that is still maintained today.

Alberta Momentum Massage's location opened on 99 Street in the historic Old Strathcona area in 2008. With the support of family and friends, the young RMT designed and built the vibrant space in one of the area's heritage buildings. Starting from the original doorway, she created a warm and inviting entranceway and therapy room that blended with the natural history of the building and area. After completing the renovations, she officially opened her massage therapy business: Alberta Momentum Massage.

The location proved to be an excellent choice as the local community embraced the clinic. As Alberta Momentum Massage thrived in this heritage location, more therapy rooms were added with more RMT's.

Alberta Momentum Massage was one of the first massage therapy clinics in Edmonton to extend their clinic hours from 8:00 am to 8:00 pm, five days

a week to better accommodate the schedules and needs of its clients. The owner also extended Saturday and Sunday hours. The clinic added online booking so clients can quickly and easily book a date and time that works with their personal schedules.

With the continued success of the Old Strathcona location, the owner opened a second location in the Sandman Hotel on 178th Street and Stony Plain Road in 2013. While the locations differ significantly from each other in space and size, they both maintain the same focus on therapeutic massage and wellness.

The south location is a smaller clinic with a historic, cozy ambience that compliments the bustling heritage neighbourhood of Old Strathcona. The décor and set up of the clinic works naturally within the confines of the smaller space.

The west clinic on Stony Plain Road is a more contemporary and spacious facility located within the Sandman Hotel West. Located by the pool with atrium, the stylish décor creates a spa-like atmosphere. This clinic is newer and has more treatment rooms. As the client base continues to grow, more therapists will be added.

In 2016, the original founder sold Alberta Momentum Massage to new owners. The current owners, who have backgrounds in health and business, wanted an investment venture that complimented their diverse experiences. They were particularly looking for a business that had meaning and opportunity; complimenting their values and philosophies. The new owners had been clients at Alberta Momentum Massage previously and experienced the benefits of massage therapy for chronic pain and injury.

After expressing their interest in purchasing the clinics, the founder interviewed them to determine if the purchase was a good fit for both. The two clinics were purchased simultaneously. The original owner, RMTs, receptionists and other support staff at both clinics have been very supportive, helping make the transition a relatively smooth process.

Managing and supporting the two locations has been a tremendous and positive learning curve. Other than minor updates and repairs, the current owners have made limited changes to the décor or design to either location.

They are committed to maintaining the same level of care and services that has built Alberta Momentum Massage into an award-winning massage therapy clinic. The previous owner built an award-winning clinic that the current owners have proudly continued. Under the first owner, Alberta Momentum Massage won the Vue award.

Since the new owners have taken over, the west clinic won the 2016 Best Massage Clinic Award by the Metro Community Newspaper. The two clinic locations are also ranked in first (south clinic) and fourth (west clinic) place on Yelp and Google without the use of paid ads. These high rankings are a direct result of the number

of positive customer reviews that Alberta Momentum Massage receives. Because the rankings are driven by customer feedback, the current owners are exceptionally proud to see that they are providing such a high and valued level of service.

There are currently 22 total RMTs with Alberta Momentum Massage. While the two locations differ from each other in space and location, the services and commitment to customer care remain the same. The RMTs are highly trained, professional therapists committed to providing exceptional care and treatments to each client. The RMTs have diverse levels of experience and techniques; their focus is on therapeutic massage.

The owners, RMTs, and receptionists strive to provide the highest level of customer service and professionalism at both clinics. Their efforts and commitment to provide the best service at a professional level has been evident in the awards and recognition that the massage centers continue to receive from the community. Like the owners, each therapist strives to provide a level of care that continues to rank Alberta Momentum Massage as one of the best massage therapy clinics in Edmonton.

The accredited and qualified RMTs at Alberta Momentum Massage focus on healing and wellness through different therapeutic massage treatments. They treat clients who suffer from chronic illness, medical conditions, and injury related issues. The registered massage therapists can provide receipts for insurance benefits. The clinics offer several deep tissue, myofascial, and restorative massages to treat the conditions that clients may have.

When recruiting new therapists, the owners focus on hiring experienced RMT's who have diverse knowledge and skills. They look for RMT's who want to continue to increase their skills and make a difference to clients' health and well-being.

#### Some of the more renown treatments offered include:

**Therapeutic and Relaxation Massage** are integrated therapeutic massage ideal for sports or work issues, and aches and pains of everyday life that occur when ligaments, fascia or muscles become tense or sore. Relaxing, strengthening, and lengthening muscles improves circulation. Several therapists incorporate trigger point therapy to relieve pain.

**Deep Tissue Massage** goes deeper into the tissue to alleviate pain and break down scar tissue that can build up in the body. It is best for those patients who have injuries or conditions are deeper in the tissue.

**Myofascial Cupping** is a modern form of a very old, traditional massage treatment. Suction cups are used to release fascia and restore mobility of the tissue. Cupping can also break up scar tissue and remove excess fluid buildup. The therapist may combine cupping, massage, and stretching.

**Prenatal and Postnatal Massage** helps women during and after their pregnancy. While a wonderful life event, changes experienced in



the muscle, ligaments and balance can be difficult or uncomfortable for many women. This massage is designed specifically to deal with the body's changes during and after conceiving a child. A specially designed body cushion supports mom and developing baby, allowing massages to be offered lying down or side lying.

**Hot Stone Massage** uses smooth, heated, basalt stones to massage and relax the tissues at a deeper level. The stones provide deep tissue and relaxation treatments. Several RMTs at both locations perform this massage technique.

**Jade Stone Massage** uses hot and chilled carved jade stones treat the deeper layers of the tissues. Using hot and cold stones is more beneficial. It is 80 times more powerful in treating acute conditions than other massage treatments. The stones are mined, cut, shaped and polished into specific shapes.

**Raw Honey Massage** uses the natural nutrient rich benefits of honey instead of oils or lotion to massage the tissues for a deep tissue and relaxing therapy. The honey has anti-inflammatory and anti-bacterial properties that provide therapeutic benefits long after the treatment.

**Sports Therapy** manipulates the tissues in the body. It works on the muscles, tendons, and ligaments in preparation and rehabilitation of a sports related activity. Patients who have used this therapy are amateur and professional marathon runners, sports athletes, weight trainers, and triathletes.

**Swedish Relaxation Therapy** is designed to relieve stress. It helps the person relax by releasing endorphins through gentle muscle manipulations. It's based on western anatomy and physiology concepts.



**Thai Herbal Compress** is currently only offered at the south location. It is a form of massage that uses an herbal compress ball to improve circulation, provide optimal muscle and joint relaxation, ease arthritis pain, relieve stress and cleanse the skin.

**Thai Massage** is an ancient form of massage dating back over 2,500 years. It is designed to relax the mind and body while increasing the natural energy flow. Patients are fully dressed during the treatment. Table Top Thai massage is currently only offered at the south location.

Other services incorporated into the treatments include: neuromuscular facilitation, acupressure, Kinesio taping and orthopedic assessments.

Alberta Momentum Massage clients are very diverse; coming from all demographic and socio-economic backgrounds; older and younger adults with everyday strains or stresses; those with sports, motor vehicle or other injuries; individuals with acute or chronic conditions; and pregnant or postpartum women.

Alberta Momentum Massage focuses on providing the highest level of professional and customer service. The owners value their clients, RMTs, and services they offer to provide therapeutic massage to everyone who comes to either of their clinics. This commitment to providing the best care is the driving force that has been the foundation of the two different clinics. The new owners strive to continue the legacy that the founder constructed with her drive, passion, and creativity.



#### SOUTH LOCATION

Alberta Momentum Massage Therapy - South  
8602 - 99 ST  
Edmonton, AB T6E 3T8  
Office: 780 488 8640

#### WEST LOCATION

Alberta Momentum Massage Therapy - West  
Located within the Sandman Hotel in West Edmonton  
17635 Stony Plain Rd  
Edmonton, AB T5S 1E3  
Office: 780 488 8640

[www.albertamomentummassage.com](http://www.albertamomentummassage.com)



# MOVE TO IMPROVE

## 4 more good reasons to get physical

By Barb Gormley

Leading an active lifestyle has long been championed as a route to better blood sugar (glucose) control. But the payback from adding physical activity to your daily routine doesn't stop there. Here are four more big benefits you can reap by keeping your body in motion.

### 1 Sleep better

Sleep complaints are common among people with diabetes, according to Daryl Dooks, a cardiac rehab supervisor with the Diabetes Exercise & Healthy Lifestyle Program at the University Health Network in Toronto. The reasons for poor sleep can include sleep apnea, neuropathy, leg pain and nighttime blood sugar lows.

"Medications are used in some cases, but for people with inactive lifestyles, moderate physical activity seems to enhance the ability to fall into deep sleep," says Mr. Dooks, who oversees a six-month education and exercise program for people with diabetes who may

also be recovering from a cardiovascular event, such as a heart attack. "As little as 10 minutes of daily walking is required to improve sleep, although the benefits are greater as people exercise more."

### 2 Relax and manage stress better

Managing diabetes can sometimes feel like a roller-coaster ride as you work to stabilize your blood sugar levels, monitor your diet, take medications and organize medical appointments. The resulting stress can quickly and substantially raise blood sugar levels. "Physical activity lowers your blood glucose by increasing the amount of glucose needed to fuel the muscles," says Mr. Dooks. "At the same time, it promotes relaxation by releasing tension and anxiety."

Brent Hawley, an on-air radio announcer in Thunder Bay, Ont., couldn't agree more. "Running gives me time to clear my mind, refocus and put things in a new perspective," says Mr. Hawley, who juggles two jobs, manages several rental properties and fundraises for Diabetes Canada's Team Diabetes. "I couldn't survive without it."

### 3 Bolster your self-esteem

For some people, diabetes can affect their sense of self-confidence and self-worth. They may blame themselves for having the disease or for being unable to stabilize

their blood sugar. Take a lesson from elite athletes who have diabetes yet manage to compete successfully at high levels, suggests Mr. Dooks: Tap into your competitive spirit to take control of your diabetes. "Set a goal to live a more active lifestyle, and then enjoy the positive feelings that result from your accomplishments."

### 4 Boost your energy

A yoga class, a tennis game or a walk with your dog is often more effective at fighting fatigue than a nap. "Exercise enhances the flow of blood carrying oxygen and nutrients to the brain and muscles, and this increases your energy levels and alertness," says Mr. Dooks.

Establishing a regular pattern of physical activity is an important key to combating fatigue, says Joanne Lewis, healthy eating and nutrition programming director for Diabetes Canada. "Diabetes Canada recommends that the goal for people with diabetes is a minimum of 150 minutes of moderate-intensity aerobic exercise per week, and three resistance training workouts per week."

**Being physically active has a positive effect on mood, stress levels and self-image, all of which influence diabetes control."**

*Daryl Dooks,  
exercise specialist*

#### DID YOU KNOW?

If you have not been active for some time, talk to your health-care team about what is right for you. Some complications of diabetes, such as high blood pressure, foot ulcers or eye damage, may change the type of exercise you can do. Remember, each person's body has its own size and shape. It is a good idea to make changes one step at a time. To read more from "Exercising Safely with Diabetes," visit [diabetes.ca/safeexercise](http://diabetes.ca/safeexercise).

For more information or to get involved in Team Diabetes events, visit [teamdiabetes.ca](http://teamdiabetes.ca)



For more information about Diabetes Canada, please visit [diabetes.ca](http://diabetes.ca)



# Body Tech Massage: A Top-Rated Massage Therapy Clinic for Over Twenty Years



Janna Purdy opened Body Tech Therapeutic Massage Inc. in 2002 at a very young age. Now, more than two decades later, and many lessons learned, her clinic is one of the top-rated massage therapy clinics in Edmonton. It has won the HAYDEN Award and earned a spot as one of the top three massage therapy clinics on the Best Rated website. Body Tech Therapeutic Massage Inc. caters to people from all demographic and socio-economic populations throughout Edmonton and surrounding areas.

Born and raised in Saskatchewan, Janna moved to Edmonton after graduating from high school. She worked briefly as a physiotherapy aide before pursuing a career in massage therapy. After graduating from the Edmonton College of Massage Therapy, Janna furthered her training by gaining accreditation in deep tissue, pregnancy massage, hot/cold stone massage therapy, raindrop therapy, seated massage, and sports massage. To date, Janna has treated an incredible 37,000 clients. Known as the “golden elbow” she continually strives to improve her techniques and services.

After completing the massage therapy program, Janna opened Body Tech Therapeutic Massage Inc. beside the same physiotherapy clinic she had worked at before training as a Registered Massage Therapist (RMT). Today, Body Tech Therapeutic Massage Inc., now located on the south side of Duggan, employs eight of the most highly trained and experienced massage therapists in Edmonton. The RMT’s hired by Janna go through a rigorous application process that includes a written component, interview, and skills test.

Janna’s group is a very tight knit family; each staff member has a genuine passion for their profession and the patients they treat. The massages provided are designed to transform, educate, rehabilitate, and provide comfort to each person on an individual level. It’s this authentic service that has been the platform for building the company into one of the most prestigious and recognized massage therapy clinics in south Edmonton.

Many CFL, NHL, Olympic, and other professional athletes visit Body Tech Therapeutic Massage seeking treatment for their sports related injuries. Because athletic injuries have special considerations, Janna and her team are specialized in sports massage techniques. Professional and avid athletes rely on their physical abilities to perform their sport; Janna and her team work diligently to provide proper rehabilitation therapy while educating each client on ways to improve and maintain optimal health. The therapy is not only designed to help treat the damaged tissues, but provide relief from the pain as well. They cater to the rookie athlete just the same.

Body Tech Massage also offers other massage therapies including:

## Deep Tissue Massage

Deep tissue massage focuses on specific or problematic areas of the body. The treatment starts as a relaxing massage, then gradually intensifies, focusing on manipulation and passive working the damaged areas.

## Stone Massage

Stone massage is an ancient technique that uses heated basalt stones to relax muscle tissue; relieving aches and tension in the tissues. There are several benefits to stone massage including detoxification, improve circulation, stimulates the lymph nodes, eases pain and soothes nerves.

## Pregnancy Massage

Pregnancy massage is designed to help women while in the second and third trimester of their pregnancy. The treatments are designed to work specifically with the natural changes of the body during the later stages of pregnancy.

Body Tech Massage has pregnancy tables; specialized tables designed to provide ultimate comfort to expectant mothers.

## Thai Massage

Thai massage is a traditional practice that combines acupressure with yoga poses to compress, pull, stretch, and rock the body. Thai massage is a relaxing technique that relieves pain, improves mobility, increases circulation, and improves mood. Clients wear loose, comfortable clothing during the procedure.

## Shiatsu

Fingers, thumbs, and palms are used to massage and apply pressure to areas of the body for a relaxing and therapeutic massage therapy. Unlike other massages, clients are usually fully dressed during the treatment.

## Cupping/Bamboo Massage

Another ancient technique, cupping/bamboo massage uses cups and bamboo sticks to increase oxygen and fluid to the cells while relaxing tense muscles and tissues. There are many benefits to the ancient practice including stress and pain relief, improve blood flow and skin health, reduces inflammation, treats respiratory conditions, and improves the autoimmune system.



## Raindrop Therapy

Combines the essential oils of aroma therapy with reflexology and massage techniques to promote physical and emotional balance.

## Relaxation Massage

Designed to relax the individual while soothing tense muscles and improve mood.

## Motor Vehicle Accident Therapy

Motor vehicles can cause specific injuries that are not always present immediately following the collision. Highly trained therapists provide massage treatments that focus on the physical and emotional healing process following a collision. They bill all major insurance companies directly.

## Mobile Massage Therapy

One service that makes Body Tech Massage stand out from the other centers is their mobile massage therapy. The RMT's travel to nursing homes, corporate offices, sports venues, and other areas to provide massage therapy treatments to clientele in their employment or home environment. Not only is the mobile clinic more efficient and economical, but it is a great way to relieve tension while boosting morale. Their mobile massage plays a vital

role in athletic therapy because it is essential for any team to take preventative measures pre and post game. By providing services to athletes in at their place of practice, we can provide on-the-spot treatment to all members.

Body Tech Massage offers a \$20.00 promotional discount for the first massage booked online.

In the twenty plus years that Janna has owned Body Tech Massage, she has created a professional, therapeutic facility that provides exceptional, individualized service to every person who visits the clinic for therapeutic massage services. Her love and passion for the field is evident in the care she and her staff provide daily. Janna has fostered an environment that promotes ongoing healing, personal growth, education, and mentoring to her staff and clientele.



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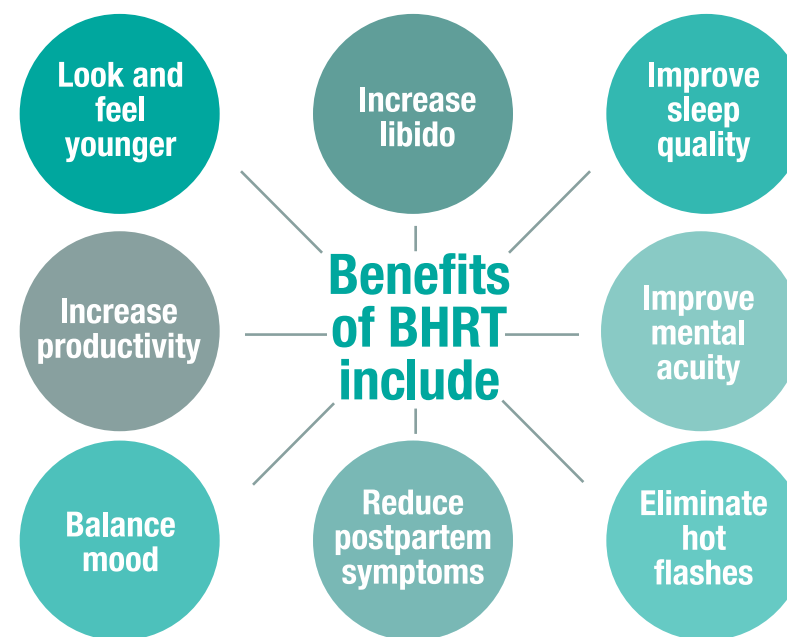
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# STILLWATER



## AT HYATT REGENCY CALGARY

Stillwater Spa, located downtown in the Hyatt Regency Calgary hotel, is an oasis of calm in the city's bustling urban centre. The full-service spa offers a lengthy list of luxury treatments to soothe locals and travelers alike, including all-over body wraps, hot stone massages, deluxe facials and pampering pedicures.

Drawing influence from the Western Canadian landscape, Stillwater Spa's design echoes of blue skies, natural waters and local terrain, most noticeable in the historic sandstone walls and luxe fabrics throughout the spa's interior. Individual guests, as well as holiday, wedding and birthday parties, can feel at ease in the spa's ample gathering spaces, which include an expanded aesthetics bar, tranquil rest lounge, and sprawling changeroom complete with whirlpool.

### Treatment Packages

STILLWATER Refresh    3 Hours | \$295

Relaxation Massage · 1 Hour  
Stillwater Manicure · 1 Hour  
Stillwater Pedicure · 1 Hour

STILLWATER Tranquility    3 Hours | \$395

Body Treatment · 1 Hour  
Relaxation Massage · 1 Hour  
Stillwater Signature Facial · 1 Hour

STILLWATER Retreat    4 Hours | \$495

Body Treatment · 1 Hour  
Relaxation Massage · 1 Hour  
Stillwater Signature Facial · 1 Hour  
Stillwater Pedicure · 1 Hour

STILLWATER Mom    2 ½ Hours | \$275

Stillwater Mom Massage · 1 Hour  
Stillwater Pedicure · 1 Hour  
Express Manicure · ½ Hour

For those looking to restore and rejuvenate the skin during winter, the Detox Body Wrap promises deep hydration during an indulgent hour-long session. Starting with exfoliation, the wrap begins with a Moor Mud application for head-to-toe pampering. Guests are then wrapped in warmth while they enjoy a face and scalp massage. The treatment ends with a rich body butter application, after the skin is prepared to receive intense moisture. Ideal for dry, devitalized skin, the experience leaves the whole body nourished and smooth.

With award-winning aestheticians and registered therapists, Stillwater Spa experiences are uniquely tailored to suit individual guests' refined tastes and unique needs. A gift of wellness is also available to guests wishing to treat loved ones and colleagues, as certificates can be purchased in any denomination to reflect a customized spa package.

Stillwater Spa is located on the second level at the Hyatt Regency Calgary  
 700 Centre Street SE  
 403 537-4474 [www.stillwaterspacalgary.com](http://www.stillwaterspacalgary.com)



## Aesthetic Services

Express Manicure            ½ Hour | \$55

A quick refresh for nails and hands, including nail shaping, cuticle care, hydrating moisturizer and polish.

Sport Manicure            ¾ Hour | \$65

Ideal for gentlemen, including nail shaping, cuticle care, exfoliating scrub and relaxing massage. No Polish.

Sport Pedicure            1 Hour | 100

A no polish deluxe pedicure, including nail shaping, cuticle care, exfoliating scrub, smoothing masque and massage.

STILLWATER Manicure    1 Hour | \$75

Pampering touches, including nail shaping, cuticle care, exfoliating scrub, smoothing masque, relaxing massage and polish.

Express Pedicure            ½ Hour | \$65

Ideal for on-the-go, including nail and cuticle care, exfoliating leg and foot scrub, hydrating moisturizer and polish.

STILLWATER Wax        time and prices vary

Bikini	Half Arm
Brazilian	Half Back
Brow	Half Back & Arm
Brow Maintenance	Lip
Chest	Lower Leg
Chin	Under Arm
French Bikini	Upper Leg
Full Arm	
Full Back	
Full Leg	



# Research finds ways to help you love exercise

Study participants increased physical activity by making a few small changes.



Surprisingly, getting people to add physical activity into their daily routines didn't require them to make a big lifestyle change.

"It's about really identifying why people connect to physical activity," Dr. Duhamel stresses. If it's important to you, if you can schedule it into your day; it's easier to stick with it.

## Changing minds, changing habits

Avoiding exercise? It's likely not for lack of discipline, science suggests. In fact, you might want to cut yourself some slack.

One of the most common mistakes people make, when they're first getting active, is thinking of exercise in rigid terms. It has to happen in a gym. A treadmill might be involved. You should break a sweat. Repeat.

But it's that rigidity that can set us up for disappointment, says Dr. Todd Duhamel, Heart & Stroke researcher and principal investigator at the Institute of Cardiovascular Sciences at St. Boniface Hospital in Winnipeg.

Dr. Duhamel has spent part of his career studying behaviour change and what keeps us from getting the physical activity we need to reduce our risk of heart disease, stroke and other diseases. His most recent study looks for strategies that can help employees sit less and move more. Nearly all of the employees recruited to participate in the ENCOURAGE project saw an uptick in their physical activity, with more than half (54%) logging 150 minutes a week.

That's a lot more than the average Canadian, who accumulates 25 minutes (rather than the recommended 150 minutes) of moderate to vigorous physical activity a week.

A big part of the ENCOURAGE project focused on shifting people's idea of what it means to be physically active. For sedentary employees, that meant finding small ways to build activity into their day, like taking the stairs and setting reminders to get up from their desk.

"Sedentary time is not opposite of exercise; it's actually its own risk factor," says Dr. Duhamel. "And there's emerging evidence that standing up every hour will make you healthier. If you can get that higher intensity exercise, that's a bonus and where we need to aspire to." But, he says, it's important to start with the most sedentary people, getting them to add even a little movement to their days.

Study participants received guidance from a kinesiologist to identify the types of activities they enjoyed, as well as referrals to local community programs near their home or workplace that offered a program at the right intensity.

The next phase of the ENCOURAGE project will use technology to help more Canadians find ways to get active when they have no time. The app Dr. Duhamel and his team are planning to release in early 2017 will encourage you to pick an action, like standing up from your chair, and complete it within the hour.

What if you don't like to exercise at all? Perfectly normal, says Dr. Duhamel.

"Myself, I hate exercising. But I really like doing something for a purpose. I'll go outside and work for eight hours a day working at my cottage because I like doing that. There's a purpose to it. But I won't go run on a treadmill."

He stresses that gyms and structured exercise programs aren't the only ways to add physical activity to your day. For example, in Indigenous cultures, there are plenty of land-based activities that increase physical activity. You just move because you're out in the environment. It's natural.

So, if spending time with your family is important, can you look for ways to build activity, like a trip to the park, into your time together? It's an improvement over sitting on a couch watching TV together. "The reality is it's more risky to sit on the couch than it is to go to any exercise program, generally."

## Before you start

Think about why you want to be active, Dr. Duhamel recommends. Then, think about why you enjoy it. Write that down on a piece of paper and keep coming back to it.

It's easy to lose sight of why we're doing something. We tend to focus on the activity way more than why we're actually doing it.

If your purpose is to have fun or be healthier so you can spend time with your kids, just stopping and thinking about that for a moment is proven to have some effect on our physical behaviour. It reminds you what's important. From there, you have a clearer path to the activity that's right for you.

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### ABM Massage Therapy Program – 44 weeks (1155 hours)

The first year of the Massage Therapy Program introduces students to course theories and concepts of the anatomy and physiology of the human body. Some of which include postural observation skills, biomechanics, and safety and sanitary practices. With smaller class sizes, the students have the opportunity of having more one-on-one time with the instructors. Students will further hands-on experience through the integration of an on-campus massage clinic, where students are able to practice relaxation techniques learned in class to complete their required number of clinical hours.

Upon completion of the first year of the program, students are qualified to work as 1100 hour therapists in spas or clinics.

### ABM Advanced Massage Therapy – 46 weeks (1200 hours)

The second year of the Massage Therapy Program allows students to learn how to assess clients as well as treat pathological conditions and specialize in therapeutic treatments. Students will take advanced courses such as neuroanatomy, nutrition and pharmacology. This will provide them with qualifications to work as Registered Massage Therapists in care facilities, hospitals, fitness centres, or as sole practitioners. Students will further hands-on experience through the integration of an on-campus massage clinic, where students are able to practice therapeutic and specialized techniques learned in class to complete their required number of clinical hours.



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*- New York Times*



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