

## At the Top of Your Game

### Sports Massage a Must for Athletic Performance

Cathy Ulrich

"It was my first marathon and I'd been fighting a 20 mile-an-hour headwind for most of the race. When I finished, my upper back and hamstrings were so tight I couldn't stretch them myself," says Colorado athlete Camie Larson. "My husband, Jamie, found me and led me to the massage line. When I got to the massage therapist, she quickly assessed my condition. She worked on my hamstrings, softening and gently stretching them until they were loose enough so I could stretch them myself the rest of the day. She also worked on my back and shoulders, which were tight from battling the headwind. I'm convinced I would have been in big trouble had I not gotten the massage."

Professional athletes have known about the benefits of regular massage for some time, but amateur athletes and even weekend warriors find that massage is important for them, too. Most trainers and coaches advise their clients to get regular massage to enhance workouts, recover from competition, and rehabilitate injuries.

#### Muscles and Massage

Our muscles are designed to adapt to the demand of strenuous exercise. Athletic training and competition, or even exertion from heavy physical work, tears down the muscles involved. When muscles are allowed to recover following a workout, they increase their number



Regular massages while training for an event help athletes avoid injury and reduce fatigue.

Larson is just one example of a triathlete and runner who includes massage in her regular training routine. She commits to a massage every other week during the heaviest part of her training season and says, "If I get too busy and don't get a massage, I really notice the difference. My legs and shoulders are tighter and it's much harder to recover from training sessions."

of fibers to respond to the demand. This adaptation process builds strength in muscles and in the structural support of the surrounding soft tissues. It also affects their ability to relax.

Regular massage reduces the risk of injury by maintaining flexibility and

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*When we are  
unable to find  
tranquility  
within  
ourselves, it is  
useless to seek  
it elsewhere.*

#### Office Hours and Contact

- La Rochefoucauld  
The Lighter Touch

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range of motion. By helping the body eliminate the metabolic by-products of a workout, massage shortens recovery time and reduces soreness. In addition, massage improves circulation, which enhances athletic performance by increasing the oxygen and nutrient supply to the muscles.

Triathletes and runners aren't the only athletes who benefit. Cyclists and winter sports fanatics are taking to massage as well. A massage therapist can help assess each athlete's problem areas and target these specifically.

## When to Get Massage

Depending on the athlete's specific sport and physical demands, massage can be targeted to different aspects of the athlete's needs. Massage is most effective when integrated throughout an individual's training program.

### TRAINING

By getting regular massages during the training period prior to an event, an athlete can avoid injury, maintain flexibility and range of motion, recover more quickly from workouts, and reduce fatigue. Depending on how strenuous the training, it may be important to see your massage therapist weekly or even more often, especially during the heaviest part of your training. Your massage therapist can work with you to establish a schedule for your needs.

### PRE-EVENT MESSAGE

Many formal athletic events, including running races, triathlons, and tennis tournaments, provide onsite massage. Pre-event massages are usually short (10-15 minutes), and are designed to increase circulation, relax muscle tension, and calm pre-event jitters. A short massage can enhance performance so the athlete stays relaxed and on his/her game plan. For pre-event massage, talk to the therapist about your massage history. Bodies used to massage will react differently than those unaccustomed to bodywork.

### POST-EVENT MESSAGE

Recovery is the primary purpose of post-event massage. Athletes push themselves harder during an event than while training. For example, during a marathon most athletes run a greater distance during the event than they've

ever run during their training. A massage afterwards is key. In Camie Larson's case, her massage therapist was able to relax her muscle tone, improve her circulation, and restore her flexibility. This allowed for a quicker recovery and return to training without the stiffness and soreness she would have had otherwise. Post-event massage can be that first assessment for potential injuries, and more serious medical conditions (heat exhaustion or hypothermia) may be identified early and treated promptly.

### REHABILITATION

Muscle strains, bruises from contact sports, and chronic soreness need special attention. Whether encountered during training or during an event, massage is a key component in assisting an athlete to return to their sport sooner. Massage therapists can work closely with doctors and athletic trainers

to establish a schedule for therapy. Specific manual techniques reduce scar tissue and muscle spasm, and the enhanced circulation achieved from massage is crucial to healing.

"I'd pay more for an event to have massage available," Larson says. "When I compete in events where there's no massage, I definitely notice a difference the next day. When I'm training, my massage therapist works out the kinks, which allows me to train a little harder. It's the difference between having fun and being a hurting unit."

Whether its professional marathon training or weekend warrior sports, getting a massage can ease muscle soreness, help your body recover more quickly, and get you ready to go again. And, of course, massage helps you deeply relax--an important key to overall wellness.



Getting a massage after a strenuous workout or event helps minimize soreness.

# Cultivating a Gardening Habit

## Discover the Health Benefits of Yard Work

Feeling the need to exercise, clean up your diet, meditate? Want to be more creative, get out and meet people, enjoy the outdoors, and slow down? There's one activity in which you can accomplish all of these objectives: gardening.

### ENCOURAGING EXERCISE

Studies show that vigorous digging burns 500 calories an hour, weeding burns 210 calories, and mowing the lawn burns 400 calories. As a moderate exercise, gardening has been found to decrease the risk of heart disease and diabetes, and a study at the University of Arkansas found that gardening was almost as effective as weight lifting in reducing the risk for osteoporosis in women. So instead of taking that indoor aerobics class this summer, try mowing the lawn or planting an herb garden.

As with any exercise regimen, the key is to start at a comfortable pace and gradually work your way up to longer, more difficult activities. Your heart rate should be about the same as when you take a brisk walk.

### IMPROVING YOUR DIET

Gardening will also likely help you eat better. Research shows that people who grow gardens eat more vegetables and fruits than those who don't. Growing fresh herbs, even in a container on the deck or balcony, is another great way to add flavor and freshness to home-cooked meals and an incentive to try new recipes.

### BOOSTING YOUR SOCIAL LIFE

Gardening can also be quite social. Whether at a garden club, a community garden, or an online forum, people love to share ideas, solve common problems, and connect through mutual interests.

### EASING STRESS

And finally, gardening is a great way to manage stress. Spending time outside and tuning in to the rhythms of nature, we're reminded to be patient, slow down, and breathe the fresh air. Whether growing flowers, vegetables, or herbs, a garden reminds us of our connection to life and the abundance that nature so freely gives.



**Gardening burns calories and improves diet.**

# The Scoop on Meditation

## A Simple Practice with Profound Benefits

People who meditate regularly appear internally and externally five to 10 years younger than their non-meditating peers, according to author Deepak Chopra. That's good news for the estimated 10 million people who practice meditation on an ongoing basis and experience the resulting calm it cultivates.

The rich benefits come from doing something that looks like nothing: Sitting still, being quiet, and breathing deeply. Meditation works simply but profoundly by defusing the onslaughts of life -- a racing mind, busyness, deadlines, commutes, all of which have physiological effects on well-being. Meditation calms the nervous system, decreases metabolic rate, heart rate, and

blood pressure, and lowers levels of cholesterol, stress hormones, and free radicals. It also has a direct effect on breathing, slowing and deepening respiration so more oxygen circulates throughout the body. Not only that, meditation is said to lessen feelings of anxiety and depression and improve memory and concentration. And all of this culminates in slowing the aging process, as Chopra notes.

There are many meditation techniques, including focusing on a mantra, a sacred word or phrase, or your breath. But the basic intent of all meditation is focus and attention. And it doesn't take hours a day in an ashram to meditate effectively. Benefits kick in with even a short period of devoted time.

How to begin? Wear comfortable, unrestrictive clothes, sit on a cushion or chair with your back straight (think once again, comfort), rest your hands on your legs, let your eyes go soft and out of focus or close them, breathe slowly and deeply, and -- the hardest part -- attempt to empty your mind of thoughts and quiet the internal dialogue. When thoughts flit through your mind, let them pass without judging them and come back to your focus (your mantra, counting, etc.) and breathing.

Start with this sitting meditation technique for five minutes a day, and add on time as you get more at ease with the process. For more information on techniques and benefits, check out [www.abc-of-meditation.com](http://www.abc-of-meditation.com).



*Keeping your  
body healthy is  
an expression of  
gratitude to the  
whole cosmos –  
the trees, the  
clouds,  
everything.*

-Thich Nhat Hanh

For more information about massage or to browse resources available online please go to our [massage links page](#) and click on the banners.

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## The Lighter Touch

Nashville, TN



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