

# HEALTH MATTERS



## Exercise & Massage: A Combination That Works Out

(NAPSA)—Tied up in knots after exercising? People committed to personal fitness are now getting into the game with massage. From weekend warriors to weight lifters, walkers, team players, gym-goers and casual athletes, massage is the choice that goes the extra mile. Massage offers benefits such as:

- improved circulation;
- reduced muscle tendency for soreness and stiffness;
- boosts in energy levels and endurance;
- improved flexibility; and
- reduced recovery time.

Exercisers have several options to choose from when looking for a type of massage to serve their fitness needs. Types of massage commonly used in conjunction with a fitness routine include:

**Swedish Massage**—Also known as the Western or classic style of massage, this is based on a scientific system of manipulating the muscles and connective tissues of the body for relaxation, rehabilitation or health maintenance.

**Deep Tissue Massage**—Also called deep muscle therapy or deep tissue therapy, this is an umbrella term for massage systems that work deeply into the muscles and connective tissue to release chronic aches and pains.

**Sports Massage**—Applied to athletes to help them train and perform free of pain and injuries, massage therapists blend classic



**Massage offers even casual athletes a chance for boosted energy levels and increased endurance.**

Swedish strokes with other methods to meet the special needs of high-level performers.

To help fitness enthusiasts find a qualified massage therapist, the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) provides a practitioner locator program at [www.ncbtmb.com](http://www.ncbtmb.com) under the “Find a Practitioner in Your Area” link. Practitioners listed on this site have achieved National Certification, a credential synonymous with quality, ethics and professional service aligned with a national standard.

Consumers can also visit the site to find a checklist of questions they should ask before getting a massage, as well as information about massage types and benefits.