



Staying in Touch®

Are you ready for autumn?

It's hard to believe we're about to start the last quarter of the year—and for many, the busiest time of year. Are you ready?

Moving into fall, it's also vaccination season, when many get their inoculations for flu, pneumonia, and COVID. You might consider your regular massage sessions as a sort of preventative against illness and disease.

Consider this: the majority of illness originates from ongoing stress, which can wear away your natural immune defenses.

According to the Mayo Clinic: *"Massage therapy is one of many ways to cope with stress, and treat anxiety and depression. Some people mistakenly believe that massage therapy is only for pampering yourself. While this is true for some people, it also helps manage anxiety, depression and insomnia."*

So, take advantage of the many health benefits your regular massages offer you and make that next massage a priority.

Have a great month; see you soon for your next massage!

**Share this
newsletter
with a friend!**

Nearly half of Americans have gained 17 pounds because of stress

by Sophia Naughton

Is stress ruling your life? Nearly half of Americans believe they'll never feel stress-free ever again. A new poll of 2,000 people over the age of 30 revealed 57 percent of people feel stress more frequently now than they did five years ago and 47 percent live an unhealthier life because of the stress they experience.

Over four in 10 (43%) admitted to dealing with their stress in unhealthy ways, including sitting inactive and thinking about what stresses them out (37%) or turning to food for comfort (30%). Half the poll said stress has an effect on their social life and another 44 percent said it has an effect on their work life.

...[C]onducted by OnePoll, the study found most are often stressed by their general health (36%), the amount of money they make (36%), or their job (34%). One in four (26%) are worried about their weight, specifically.

They also shared how stress affects their day-to-day life: losing sleep (46%), not being able to concentrate (37%), their blood pressure increasing (30%), and their weight increasing (24%). Four in 10 (43%) have gained weight because of stress, gaining an average of 17 pounds.

"A little bit of stress in our lives is oftentimes unavoidable, but constant stress that doesn't let up can take a toll on both our mental and physical health," says Courtney McCormick, a registered dietitian ...

On average, people said they experience feelings of stress three days per week and if overstressed, 61 percent try to take a break away from their obligations to destress — taking three days to do so. Thirteen percent claimed they can never fully destress.

The survey also found 52 percent of people have had health issues caused by experiencing stress. Those respondents shared instances of physical pain (58%), mental health impacts (51%), and weight gain (40%).

(See **Stress ...** on back page)



7 Signs You Need a Massage

1. You're Feeling Stressed
2. You're Getting Headaches
3. You're Sedentary for Most of the Day
4. You Have Poor Posture
5. You're in Pain or Don't Have a Full Range of Motion
6. You're Training or Just Started Working out
7. You're Having Trouble Sleeping

Source: structuralchiro.com

Walking for 5 minutes every half-hour may cure damage of sitting too much

A five-minute stroll every half an hour is just the tonic for better health, according to a new study.

Researchers from Columbia University say following this regime has the power to lower both blood sugar levels and blood pressure. The study also shows that taking these walking breaks can reduce blood sugar spikes by almost 60 percent in comparison to people who sit all day. They also leave you feeling less tired and significantly improve your mood.

The participants in the study ... took part in five different regimes — walking for one minute every 30 minutes of sitting, one minute after 60 minutes, five minutes every 30, five minutes every 60, or not walking at all. ...

Walking can drop blood pressure by up to 5 points— After completing all the tests, it was revealed that the optimal amount of movement was five minutes of walking for every 30 minutes of sitting. Taking a walking break every 30 minutes for one minute also provided modest benefits for blood sugar levels throughout the day.

“What we know now is that for optimal health, you need to move regularly at work, in addition to a daily exercise routine,” the study author concludes. “While that may sound impractical, our findings show that even small amounts of walking spread through the work day can significantly lower your risk of heart disease and other chronic illnesses.”

The study is published in *Medicine & Science in Sports & Exercise*, the journal of the American College of Sports Medicine.

Source: studyfinds.org

Stress ...

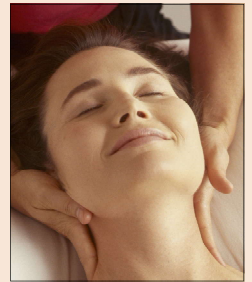
(continued from front page ...)

“Stress may always be part of our life, but it doesn’t have to define our life,” adds McCormick. “Recognizing what causes stress and working to overcome it is the first step toward leading a healthier lifestyle. Things like spending time in nature, going for a run or taking a walk can all have a positive impact on lessening stress and help us get back to feeling our best selves.” ...

Source: studyfinds.org

**Say “I really care about you!”
with the gift of health—
a massage gift certificate!**

Call today to order ...



***Beware of false knowledge;
it is more dangerous than ignorance.***

—George Bernard Shaw

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.
