



Massage Therapy

Stress

Massage therapy will help increase energy, improve your outlook on life and boost your immune system function.

Registered Massage Therapy

Massage Therapy is an essential component towards healing the body and promoting a healthier life style. Massage helps muscles stay long and lean, improve sports training and performances, reduce inflammation and edema, treat muscle spasms, increases circulation and helps to improve overall wellness and relaxation. Our Massage Therapists at Work-Fit Total Therapy Centre are highly trained professionals that are registered with the College of Massage Therapists of Ontario.

PROMOTES WELL BEING:

- Headaches
- Poor Circulation
- Increase Athletic Flexibility
- Soothes Aches and Pains
- Decrease Stress
- Increase Energy
- Promotes increased levels of serotonin...improving sleep, mood and depression.

The benefits of massage are extensive. Massage therapy treatments have a therapeutic affect and improve health by acting directly on the muscular, nervous, circulatory and lymphatic systems.

INDULGE IN A MASSAGE

Relax tight and tense muscle. Many people don't realize how much a tight muscle impacts on vital things such as posture. A tense muscle can throw off your body's balance.

Before long, muscles that were not initially tight begin to tense as they compensate for other parts of the body. It becomes a chain reaction that can spread far from the initial problem spot.

Our Registered Massage Therapists tailor each treatment to specifically meet the needs of their client.



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WorkfitPhysiotherapy.ca

A Hospital Program. All net proceeds support hospital programs.