

Integrated Bodyworks Weekly Newsletter

Week of September 8, 2019

What's Happening: We have moved! We are now located in the hospital's neighborhood and excited about being in a space that will soon be shared by like minded healthcare professionals. See address below. Updates soon. Please like our Facebook page- <https://www.facebook.com/IntegratedBodyworksFredericksburg> and/or post a review to Google Places- <https://www.google.com/maps/place/Integrated+Bodyworks/@30.2644768,-98.8828182,17z/data=!3m1!4b1!4m5!3m4!1s0x865bc04f8c93eaff:0xea5d352c8bf7998d!8m2!3d30.2688669!4d-98.8695114> or Yelp- <https://www.yelp.com/biz/integrated-bodyworks-fredericksburg?osq=Massage+Therapy> . This is the greatest way to support local businesses.

Fun Holidays this Week:

September 8: International Literacy Day – A day that celebrates and promotes literacy across the globe.

September 9: Grandparent's Day – Today we honor our Grandparents. If they are still living, tell them how much you appreciate them.

September 13: National Peanut Day – If you're not allergic, try some of these peanut recipes. <https://www.bonappetit.com/recipes/slideshow/peanut-recipes>

Hydration Recipe

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

Kiwi Raspberry Water

Ingredients:

2 kiwis, sliced (skin removed)

1 cup raspberries

Water

Instructions:

Add kiwis and raspberries to a pitcher of water. Refrigerate for 4-6 ours to infuse the flavors. Enjoy!

DIY Lower Back Massage

If you have strained the muscles in your lower back, here is a simple trick you can try at home to eliminate the discomfort.

- Place a tennis ball between you and a wall. The tennis ball should be in the lower left-hand corner of your back – where your pelvis and spine meet. Do not place the tennis ball directly on your spine.
- Move side-to-side on the tennis ball out toward your hip and back again a few times.
- Switch sides and repeat.
- Slowly squat while still applying pressure to the tennis ball so the ball moves from your pelvis up to your rib cage. Slowly rise so the ball is back at your lower spine. Repeat this movement a few times.
- Switch sides and repeat.

If this technique doesn't alleviate your discomfort, contact me to schedule a massage.

New address is 200 West Windcrest, Suite 202. Fredericksburg, Texas 78624