

Integrated Bodyworks Weekly Newsletter

Week of June 2, 2019

What's Happening: I can tell we are heading into summer. Many Clients are coming in to help relieve pain and tightness associated with outdoor work- gardening, landscaping or just out having fun. Although these activities can cause temporary pain, it makes my happy to hear that people are out moving their bodies. Please remember to check out and Like my Facebook page <https://www.facebook.com/IntegratedBodyworksFredericksburg/> . I receive the majority of my business through word of mouth and google. If you have come to see me, please take the time to post a review to Google Places, https://www.google.com/search?rlz=1C1CHBF_enUS848US848&q=message+fredericksburg+tx&npsic=0&rflfq=1&rlha=0&rlag=30266382,-98872655,2960&tbm=lcl&ved=2ahUKewjijIKrvNXiAhULRqwKHfleAwsQjGp6BAGKEEE&tbs=lrf:!2m1!1e2!2m1!1e3!2m1!1e16!3sIAE,lf:1,lf ui:14&rldoc=1#rli=hd::si:16887712643152320909;mv:!1m2!1d30.286523599999995!2d-98.8454326!2m2!1d30.2479104!2d-98.89987769999999!3m2!1m3!1d18701.4170335155!2d-98.87265515!3d30.267217000000002!2m3!1f0!2f0!3f0!3m2!1i635!2i521!4f13.1 or Yelp.

Fun Holidays this Week:

June 4: National Cheese Day - From breakfast to late night snack, this is a day to enjoy ample amounts of a wide variety of cheeses.

June 6: National Gardening Exercise Day - Everyone knows gardening is therapeutic. It's good for the mind, body, and soul. Today gives us an opportunity to go out and burn off calories and have fun doing it.

June 8: Best Friends Day – Meet for lunch or just chat on the phone with your BFF today.

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:

Strawberry Lemon Water

Ingredients:

15 strawberries, sliced

1 lemon, sliced

Water

Instructions:

Like strawberry lemonade, but better! Add 15 fresh strawberries, washed and finely sliced to a pitcher. Add one sliced lemon with the rind on. Fill with water. Let sit 4 hours (to overnight) in the fridge and enjoy.

National Gardening Week

The first week of June is National Gardening Week. It's both a celebration, and an educational opportunity. National Gardening Week celebrates one of America's most popular hobbies. Tens of millions of Americans, young and old alike, grow a garden of some size. This week is a great opportunity to get out into your garden and tend to it, along with enjoying your garden's peacefulness and beauty. Regardless of whether your garden is big or small, show it off to family and gardening friends.

Special Offers: As always, when mentioned, new clients get \$20 off their first massage. Receive \$20 toward your next massage when referring a friend.