

# Increasing Fitness Using Holistic Therapies

## Reflexology

REFLEXOLOGY BALANCES THE BODY SYSTEMS, REFLEXES THAT ARE FOUND ON THE FEET ARE STIMULATED AND ANY BLOCKAGES THAT ARE FOUND CAN THEN BE CLEARED. BY FINDING AND CLEARING ANY BLOCKAGES THAT ARE FOUND IN THE REFLEXES, THE BODY SYSTEMS ARE ALSO CLEARED. THIS ENSURES THAT THE BODY IS WORKING TO ITS BEST CAPACITY AND IS IN THE BEST SHAPE TO IMPROVE FITNESS LEVELS.

## Massage

MASSAGE HELPS THE BODY TO REMOVE ANY TOXINS THAT ARE BUILT UP IN THE TISSUES. IT ALSO HELPS WITH CIRCULATION AND LYMPHATIC DRAINAGE WITHIN THE BODY. THE INCREASE IN THESE CAN VASTLY IMPROVE THE APPEARANCE OF THE SKIN AND HELP TO GET RID OF ANY EXCESS FAT THAT HAS BUILT UP. THE MUSCLES ARE STRETCHED AND SQUEEZED DURING A MASSAGE AND THIS INCREASES THE FLEXIBILITY WITHIN THE BODY AND HELPS TO STABILISE THE JOINTS, ENSURING THAT THE BODY CAN WORK TO ITS FULL EXTENT AND REDUCING THE LIKELIHOOD OF INJURY DURING OTHER EXERCISE.



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