

Healthy Choices
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We all have the ability to make positive, health-conscious choices toward improved health and wellness. Just as lifestyle imparts a view of our financial way of living, our "healthstyle" can equally show a personal responsibility toward balanced and necessary health choices for a vibrant and productive life.

*At **Optimum Health for Life**, we help inspire and instill positive health changes, with therapeutic massage as a perfect preventive alternative modality to receive on a regular basis. Massage has powerful healing, pain-reducing benefits through the manipulation of the skin and muscles – the soft tissue of the body. Medical research has proved the efficacy of massage. For example, premature infants gained weight more quickly with regular massage, office worker's performance and alertness were enhanced by massage, and senior citizens who regularly received massages slept better and were less depressed.*

A professional massage affects the body, mind and spirit, with physiological changes such as deep relaxation, relief from muscle tension, and increased blood and lymph flow, to name a few. On the emotional level, massage can reduce anxiety and enhance the mind/body connection. Unrelenting stress is the greatest nemesis in our society, and massage can be one option to handle the demands of work and home.

We welcome you to begin the journey toward health and wholeness, and away from stress and dysfunction, and would be honored to be included as your partners. The self-awareness and connection one feels can extend to families and communities. Healthy choices empower changes in exercise, diet, and unhealthy habits, and can help foster a positive attitude.

Appointments and gift certificates are available at our office. Please call our office in Laurel at 301-317-9161.

CORPORATE PIT STOP
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