

## **PERSONAL TRAINING**

Did you know that for each pound of muscle you put on your body, that pound of muscle can burn up to 25 calories per day? So if you were to put 10 pounds of muscle on your body, you are essentially burning 600 more calories a day doing nothing.

At Essential Bodywork and Massage Therapy we offer a true functional fitness. It combines anatomy with biomechanics, developmental biology, breathing, posture and the relationships with the nervous system to form a powerfully insightful perspective on human movement. Not only can movement improve strength, power, flexibility, stability and endurance but done right it can be a step to better health by improving digestion, cultivating energy and improving cognitive function.

In private sessions, we aim to build a relationship and understand you as an individual whose personal goals become our goals! Along the ride, you will learn to understand your body and how to avoid common movement compensations that could lead to pain or injury. Regardless of your goals, sessions incorporate exercises to stabilize the structure for you to move and feel most optimally, while also improving your posture and building a strong core to keep you away from pain and injuries in the future.

It is never too late to start looking after your health! Life lies in movement and if you are not sure how, when or where to start, we are here for you! We will help you to maintain or regain strength, balance and independence. Every single time you exercise you are doing good for your mind and body – even if it just starts out at a very low intensity.

Our sessions incorporate multi-plane dynamic movements with the emphasis on proper posture and technique to avoid any dysfunctional patterns affecting the results.

We offer dynamic functional training that works the body as a whole and trains the body to maintain a proper posture in everyday situations.