



Staying in Touch®

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Hello —

The summer months can offer plenty of opportunities for entertaining activities. When you step outside of your normal routines, you are more likely to overextend yourself physically and mentally. With a little planning, you can increase your enjoyment while limiting the likelihood of physical strain or mental exhaustion.

If you'll be traveling, be sure to schedule a relaxing massage before you leave or just after you return (or both). Traveling usually requires long periods of sitting still, which can take its toll on your back and neck. A massage can help you to prepare yourself for the rigors of travel, as well as to get you back into tip-top shape upon your return home.

Remember that stress in its many forms is the major cause of illness and disease, and massage is one of the best ways to handle all that stress! Also, realize that like all things in life, consistency pays the biggest reward. Just like exercising regularly can keep you in better condition, getting your massages on a regular basis can bring you more health gains than waiting until you're rundown or in pain to call for an appointment. So take good care of yourself and enjoy the rewards! See you soon.

Keeping Summer Activities Relaxing and Fun

As you plan your summer activities, remember that one of the main goals of a vacation is to relax and recharge your system. While you're out having fun and exploring new things, be sure to allow adequate time for rest and recuperation! Here are some travel hints from the web site www.healthy.net:

Even if you're jetting to a sunny clime on your dream vacation, travel can be stressful. Any change in routine, scenery, eating habits, or time zones can take its toll on your well-being.

Here are some things you can do to minimize travel stress.

- Begin to prepare for your trip well in advance of your departure date. Make a list of things to do each day.
- Finish packing your bags at least one full day before you leave. Devote the rest

of the day to quiet activities such as reading, napping, taking a leisurely bath, or listening to soothing music.

- Allow plenty of time to reach your destination or catch your flight. It's better to have time to spare than to rush.



- Once you reach your destination, don't overschedule every day with endless hours of shopping, sightseeing, sports, and partying. Allow for some "downtime."

- Don't overeat, especially at night.

- Get enough sleep. Otherwise, you'll come home pooped instead of renewed and refreshed.

- Get some exercise.

- Schedule your return so you have a day or so to "decompress" before you return to work.

Making Enough Time for Yourself

Are you spending too much time working? Have you set aside some special time just for you? Medical studies show a correlation between a lack of vacation and increased likelihood of heart attacks, strokes, high blood pressure and other stress-related illnesses.

We're working harder and longer than ever, while taking fewer and shorter vacations. We now work 142 more hours a year than we did in 1973. That's three and a half weeks of extra work each year.

Even when workers are entitled to vacation days, they often don't use them. In fact 26% of Americans don't take any vacation at all. Europeans enjoy on average between 28-42 annual vacation days, while the American average is only 13 days.

Work can bring joy and meaning to your life—if you balance your worktime with your personal life. Taking care of yourself is important, so make time to take care of yourself! **Remember, you can "get away from it all" for an hour with a massage!**

Body Basics ...

Most of us are too busy to think about the amazing functions our bodies perform every day. Take a moment to consider and appreciate ...



- If you live to age 70, your heart will have pumped 55 million gallons of blood.
- It takes about 200,000 frowns to make a permanent wrinkle.
- The right lung takes in more air than

the left (because the left lung is smaller, to make room for the heart).

- It takes 25 muscles to swallow.
- In the adult human body, there are 46 miles of nerves.
- In an average lifetime, a person will walk the equivalent of 3 times around the world.
- People ages 50 and older can add three years to their lives by exercising
- More people are allergic to cow's milk than any other food.

- When you stub your toe, your brain registers pain in 1/50 of a second.
- An average pair of feet sweats a pint of perspiration a day.
- According to the California Asparagus Commission, even one daily serving of fruits and vegetables high in potassium can reduce the risk of stroke by 40 percent.
- You burn 3.5 calories each time you laugh.

(Body facts from: *This Book of More Perfectly Useless Information* by Mitchell Symons)

RENEW: To make or become new, fresh, or strong again.

We need quiet time to examine our lives openly and honestly—spending quiet time alone gives your mind an opportunity to renew itself and create order.

—Susan L. Taylor
author, *Lessons in Living*

Surprise someone special with a massage gift certificate—celebrate your friendships! Call today to order ...



Have you told someone you care about how massage has helped you? Share the benefits with your loved ones! Your referrals are always appreciated.

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.

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