

Moving Through Life

Finding the Pleasure in Exercise

Sonia Osorio

We're busier than ever with longer workdays, less leisure time, shorter lunch hours, longer commutes, and more demands than ever before. We may even be in a job that doesn't fulfill us, yet we spend most of our time there. When the day ends, we have almost no energy left to do what we enjoy. How to find a healthy balance?

Plenty has been written about the therapeutic benefits of exercise. So, why aren't more people reaping those benefits and moving toward health and well-being? We need to reexamine our notion of what exercise and movement are and consider what we're moving toward or away from. Then we can begin to ask ourselves other questions: Not

reoriented our point of view to notice where the opportunities lie? We can begin by simply redefining exercise (with its sometimes negative connotation of obligation) to movement. Already opportunities arise: How do we want to move in our bodies and in our lives? How can we have fun doing that? How can we move more (or maybe less, if we need to slow down)? How does it feel to be still? How can we make time to move into pleasure, to move with pleasure? Already, the notion of movement takes on a more healing expression. Rather than simply being another item on our to do list, it becomes a way for us to examine our lives, to see where we can move toward health, and use physical activity as a way to support this.



Pleasurable movement is motivating, connects you with your body, and comes in many forms.

just are we fit, but are we physically, emotionally, and spiritually healthy? Are we happy? Do we enjoy how we're moving through life? How can we integrate more healing movement into our days?

Exercise as "Medicine"

We sometimes see more barriers than options to exercise. But what if we

"When most people think of medicine, they visualize something material like a pill to be popped, a liquid to be swallowed, or an injection to be endured," writes Carol Krucoff, author of "Healing Moves: How to Cure, Relieve, and Prevent Common Ailments with Exercise" (Harmony Books, 2000).

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*Whoever is
happy will
make others
happy too.*

-Mark Twain

Office Hours and Contact

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"Some might also consider surgery, tests, or procedures ... [But] simple physical activity can have profound healing effects."

Krucoff, who cowrote the book with her husband, Mitchell, a Duke University cardiologist, advocates movement as preventive medicine, saying it's an ideal way to combat the increasing number of inactivity-related health conditions such as heart disease and obesity. This could actually be expanded to include stress-related conditions. In fact, it's often this combination of inactivity and increased stress that wreaks havoc on our immune system, endocrine system, and circulatory system. Every system in our body, in fact, responds to stress and inactivity. But, if this is true, then the inverse is also true: every system in our bodies will also respond to movement and pleasure. To make movement pleasurable and to use it as a way to reconnect with our bodies is, in many ways, the perfect antidote to the cycle of inactivity/hyperactivity and stress. As we move more in this way, we gain energy and health, we feel rejuvenated and relaxed, and we become more physically and emotionally aware.

Emotional Fitness

We often focus on physical fitness, but any movement toward health must also include emotional and spiritual fitness. Psychologist Nancy Mramor, PhD, author of "Spiritual Fitness" (Llewellyn Publications, 2004), ties emotional fitness with our physical health and with our heart's expression. "There is evidence that the largest number of heart attacks occurs on Monday morning between 8 and 9 a.m.," she says. "This occurrence is related to the experience called joyless striving. It applies to feelings of having to force yourself to go to a job that you have no interest in, or even truly dislike. Clearly these feelings suggest a lack of emotional fitness in the match between the employee and the job." When we're emotionally connected to our work in a healthy way and to one another, we not only survive, we thrive.

Personal Health

Interpersonal relationships, in fact, are one of the three major causes of life stress, along with environmental events/conditions and personal attitudes and beliefs. In his book, "Love and

Survival" (Harper Collins, 1998), renowned physician Dean Ornish, who first proved that heart disease was reversible through lifestyle changes, says that in order to survive, we need not only care for our lives, but the lives of others. Individuals with supportive relationships get sick less, heal faster, and live longer.

Our health and well-being are not about being hyper-active or inactive. They're about finding a balance, making our actions conscious, and learning to move in ways that are both healthy and appropriate in our own lives, then moving this healing energy out toward others. So, rather than exhausting or limiting our energy, we learn to expand it. Then we can begin exercising in a whole new way--exercising our right to choose and to better understand our body, our life, and what we want to be doing with it.

Begin by checking in with yourself as you're moving through your day: How does your body feel right now? How are you breathing? Where is this movement taking you? Do you feel good? Are you satisfied? Are you happy? If not, then change something. Change how you're moving, where you're moving toward, or look at what you're moving away from.

"Become the change you seek in the world," Mahatma Ghandi said. This isn't about a temporary quick fix to end a bad habit, lose some weight, or fill our time. This is about long-term change--making more conscious use of our time and of our life. It's about moving through life in healthy and healing ways, and expanding our idea of who we can be. Then our view of the world widens, our heart grows, our spirit soars, and our body moves toward true change. This is the healing power of movement.



Enjoyable exercise boosts physical health as well as emotional well being.

What is Hot Stone Massage?

Jed Heneberry

Stone massage is a luxurious experience in which the massage therapist uses warmed, smooth stones to provide bodywork, warming muscle tissue to reduce muscle tension and stiffness, and eliciting physical healing, mental relaxation, and a spiritual connection to earth energy

Photos frequently incorrectly portray the treatment with massage clients relaxing on a towel with stones placed artfully along their naked spines.

In reality, two insulating layers, a sheet and a thick bath towel, will be placed on your skin, and the stones will be placed upon it. Your massage therapist will be using stones heated to 130-140 degrees Fahrenheit. Stones should never rest directly on your skin; they will only touch your skin if the therapist is holding them to apply strokes.

Should I Get One?

The heat of stone massage can be

especially beneficial for certain populations and something to avoid for others. Specific chronic muscular conditions like frozen shoulder or low-back pain benefit as the heat helps tissues relax during massage work. And, while stone massage is lauded for the relaxation it promotes, therapists can use it for targeted trigger-point work and myofascial release as well.

Those who should avoid hot stone massage include people with diabetes, neuropathy, rheumatoid arthritis, skin conditions covering large areas of the body, or local skin conditions such as sunburn, broken skin, localized swelling, or other soft-tissue injuries.

Following are some of the benefits associated with stone therapies:

- oReduces anxiety, pain, and stress.
- oPromotes mental and physical relaxation.
- oCreates a feeling of groundedness and balance.
- oEnhances connection to earth energy.

oPromotes local circulation in the area where it is applied.

oWarms soft-tissue structures so they are ready for firm work more quickly.



Heated stones can provide a wealth of benefits

Here Comes the Sun

Updated UV Index Shines Light on Rays

A crucial warning system has been recently updated for your skin's protection. In compliance with the World Health Organization, the Environmental Protection Agency and the National Weather Service revamped the UV Index, a system created to alert people about the level of harmful ultraviolet (UV) light rays from the sun. Overexposure to UV rays can cause wrinkles and premature aging, skin cancer, cataracts, and immune system suppression.

Many factors influence the strength of UV rays: UV light is stronger in the summer, at higher altitudes, and in areas closer to the equator. It's also stronger at midday, from 10 a.m. to 4 p.m., when the sun is directly overhead.

The new UV index ranges from 0-11

with guidelines as follows:

0-2: **LOW.**

Minimal exposure for the average person, but watch for reflected UV from snow and water.

3-5: **MODERATE.**

Stay in the shade during midday. Cover-up outside.

6-7: **HIGH.**

Wear a hat, sunglasses, and a sunscreen with a minimum sun protection factor (SPF) of 15. Avoid midday sun.

8-10: **VERY HIGH.**

Take extra precautions, and avoid midday sun. Wear protective clothing.

11: **EXTREME.**

Take all precautions, seek shade, and avoid midday sun. If possible, stay indoors.

As part of its daily forecast, the National Weather Service publishes the UV index

for each area of the country. Go to www.epa.gov/sunwise/uvindex.html and enter your zip code to find your UV index for the day. The Weather Channel, as well as most local TV stations, include the UV index in their weather forecast. It can also be found at www.weather.com.

For a detailed description of the UV index, or for more information on sun protection, visit www.epa.gov/sunwise.

*Nature does not
hurry, yet
everything is
accomplished.*

-Lao Tzu

Wishing everyone a Happy July 4th & a fantastic summer! Things are heating up here in PCB. Don't let the summer heat & traffic keep you indoors - come get a massage!

Here is this month's trivia question. Call 850-249-3988 with your answer to win \$10 off your next session!

Q: How much water should we be drinking daily to stay hydrated? (hint: it's an equation)

Thank you from all of us at My Massage Clinic for making us your massage clinic!

My Massage Clinic

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