

Massage plays a distinct role in maintaining health and general well being. It generally induces relaxation and imparts a sense of security within you. This is largely due to the endorphin release that goes along with massage. Endorphins give that euphoric feeling that makes people feel stress-free. If getting a massage helps you to feel great, then what are you all waiting for?

The benefits of massage can be both physiological (body), and psychological (mind). Some of these benefits include:

Circulatory and Lymphatic Systems

- Improved blood circulation to all parts of the body
- Better delivery of nutrients and oxygen and removal of wastes
- Can assist in lowering blood pressure

Musculo-skeletal System

- Stimulates and tones muscles
- Promotes optimum muscle length and strength
- Relieves stiffness and pain in muscles, ligaments, tendons, and joints

Nervous System

- Increases blood supply to the Central Nervous System
- Touch stimulates the skin receptors and sensory nerve endings promoting relaxation of tight muscles
- Helps with the function and control of all body systems by enhancing the Nervous System

Digestive System

- Relaxes abdominal and intestinal muscles
- Liver and Kidney function is improved

Skin

- Massage increases blood supply to the skin improving tone and texture

As you can see from what you have just read, massage is something that will benefit everyone. It will not just make you feel better, but it'll also allow your body to function more efficiently.

Push Training has two people that are ready to book you in for your own personal massage. **Michael and Adam** are eager and ready to loosen up those muscles and give you all a session that will make you feel great. Book in for a session today!

From the creative mind of **Jamil**
Special thanks to Adam "Gastroc" Murphy