

► **MANCHESTER**
MON—FRI: 9AM-9PM
SAT: 9AM-6PM

February 2015

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► **CHESTER**
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February 2015

Special Offers

For every Aromatherapy massage bought in February you will receive a free bottle of aromatherapy blended oils worth £8.50

Why not buy your loved one a course of Personal Training sessions using this offer - 5 x 1 hour sessions for £100.00.



Pilates

We have now added a 9am class on a Friday as well as the 10am class. Be warned however that we have added this due to demand so it is still necessary to book and there are only a couple of places left for the first one.

The 9am will be easier than the 10am class although we can mix it up a bit to accommodate people if necessary.

Don't forget if you are new to our Pilates sessions then you do need to see Sean for an assessment first, before joining.

Staying on the fitness and body conditioning theme

With lots of people beginning new training programmes, whether brand new to exercise or not it is very easy to get injured. Here are a few tips to help:

- check those shoes (runners need replacing more often than you think and very often contribute to injuries).
- Don't try to go from zero to hero in a week. Even for those seasoned athletes, any time off means you can't jump back in where you left off.
- Don't be tricked by the mild weather the last day or two, warm up and down are still very important. Dust off the foam roller-don't keep it just for when an injury rears its head.
- Cross training (cycling or swimming if you're a runner and vice versa), will allow your muscles to recover between sessions. Strength training is very important in preventing injuries.
- Listen to your body. If you have a niggle, rest and pay attention to it. Anything that won't go away may need to see one of the team for therapy of some kind.

If you do get injured we are always here to help. Benefits of Sports Massage include:

Massage after exercise reduces the intensity of delayed onset muscle soreness, or that peg-legged feeling you get post training. Massage increases the number of white blood cells (key in fighting infection), and decreases levels of cortisol (stress hormone linked with inflammation).

Studies for the British Journal of Sports a Medicine found that the lower levels of inflammation in massaged limbs leads to a greater ability to tolerate more in training, harder training.

Stiff muscles or pushing through a niggle will result in an altered running gait or movement in weight training, both are significant causes of injuries.

Another cause for adopting an altered gait when running, which is prevalent this time of year is weather, and underfoot surfaces. You may need to slow your pace and ensure you are running correctly.

We can always answer specific queries regarding training injuries or exercise plans—just email one of our clinics with your questions.

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Your Anatomy Team



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