



## Peak Performance Therapies: Massage Therapy

**NAME:**

**DATE:**

This worksheet is a supplement training guide to “Peak Performance Therapies: Massage Therapy” video published on May 4, 2016.

Check out the link for our free resource: <http://journeytopersonalgreatness.com/greatness-training-guide/>

This guide is the first of the peak performance video series. We believe on having a team of highly skilled and experienced practitioners servicing all of your health requirements and needs.

Massage therapy is more than relaxation and luxury. Studies continue to prove the physical, and mental, and emotional benefits of even a single massage therapy session. As the number of proven health benefits grows, so do the number of individuals who turn to massage therapy for a more balanced and peak performance lifestyle.

### **What is Massage Therapy?**

Massage therapy is manual manipulation of soft body tissues from muscles, ligaments, tendons, connective tissues to enhance a person's health and overall well-being. There are dozens of types of massage therapy methods (also called modalities) with different health benefits. Some massage therapy benefits may include pain treatment, increase ROM, enhance performance, relieve stress, improve posture, lower blood pressure, promote easier breathing, strengthen immune system, etc.

Define your purpose? What is the reason for you to consider massage therapy? Is it to cure pain, increase flexibility, enhance your performance?

Once you have the reason, you can easily build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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