

NOVEMBER

UPCOMING CLASSES & EVENTS

Fri, Nov 4th @ 9 AM

Acupressure (Upper Body)

Hosted by:

Meridian Energy Massage

Location: Elite Massage School

Sat, Nov 5th @ 9 AM

Acupressure (Lower Body)

Hosted by:

Meridian Energy Massage

Location: Elite Massage School

Sat, Nov 5th @ 9 AM

TCM Cupping & Gua Sha

Hosted by:

Meridian Energy Massage

Location: Elite Massage School

Sat, Nov 19th

10 AM to 4 PM

&/or

Sun, Nov 20th

10 AM to 3 PM

Intro to Functional, Sports, &
Thai Massage Stretches

Hosted by:

Elite Massage School

Location: Elite Massage School

HUSTLE FOR THE MUSCLE

Official Newsletter of Elite Massage School



MONTHLY SELF-CARE TIP

Tips to prevent prolonged sitting & reduce the risks

Research has linked sitting for long periods of time with a number of health concerns. They include: obesity, heart disease, high cholesterol, type 2 diabetes, excess body fat around the waist, anxiety, depression, weakened muscles, chronic fatigue, back pain, varicose veins, and poor posture.

Too much sitting overall, especially for prolonged periods seem to increase the risk of death from cardiovascular disease and cancer.

DECEMBER

UPCOMING CLASSES & EVENTS

Sat, Dec 3rd

10 AM to 3 PM

Fusion Hot/Cold Stone

Massage Therapy:

(Himalayan, Basalt, Jade,
Marble, and More)

Hosted by:

Elite Massage School

Location: Elite Massage School

Sun, Dec 4th

10 AM to 12:30 PM

American Red Cross - Hybrid

BLS CPR - 2 Year

Certification

Hosted by:

Elite Massage School

Location: Elite Massage School

1. Support your back using a small pillow or towel to maintain good posture.
2. Position your computer screen at eye level to avoid straining your neck and eyes.
3. Keep your feet flat on the floor, so your body weight is evenly distributed across your hips.
4. Stand up every hour to stretch and just take a few minutes to move your body.
5. Go for a quick walk during your break time.
6. Take the stairs instead of the elevator as much as possible.
7. Remember to get 30 minutes of moderate exercise for 5 days a week, even in 10-minute increments.

8. Eat healthier and limit your sugar intake.

9. Commit to drinking more water.

10. Squeeze in short, high-intensity workouts in your schedule.

11. Stand up while you are on the phone. Better yet, pace!

12. Hold or encourage a walking meeting.

13. Park your car farther away from your destination. Don't look for that perfect spot up close.

14. Don't send emails if the recipient is in walking distance. Get up, walk and talk.

15. Stand up or do exercises while watching TV.

16. Consider a standing workstation.

17. Fidget!

18. Refill your water glass every hour.

THANK YOU FOR YOUR SUPPORT!



FOR MORE INFORMATION ON CLASSES
& OUR NEW SCHOOL VISIT:

ELITE MASSAGE EDUCATION CENTER

ELITE-MASSAGE-SCHOOL.COM

ADMIN@ELITE-MASSAGE-SCHOOL.COM

