



From a Good Massage To a Great Ride

Had a Good Massage or a great ride recently? I've had both – successfully completing The 5 Passes Cycle Race in early November, and enjoying Good Massages from Jason. I have done The Five Passes three times previously, but this year I felt the best prepared ever thanks to the regular massages and Jason's sponsorship of our team.

The Five Passes is a demanding cycle challenge involving 650 kms of cycling spread over 4 days. The Race goes from Christchurch to the West Coast and back, via Lewis and Arthur's Passes. Cyclists ride in different grades according to their ability and are organised in teams of 4. Our Good Massage team of David, Lloyd, Tanya and myself, rode in C grade, which while competitive, was also a great friendly bunch of people to ride with. Between one puncture, a dropped chain and a slipped disc in Tanya's back (which meant her riding with a numb leg for the entire race), we still managed to be the best dressed team in C grade and to notch up a few successes. Highlights included a couple of stage wins, 2 sprints wins, Jo in the Green jersey for a day, Lloyd powering up the mountains and finishing a very respectable 5th on GC, and David and Tanya leading our team to win the 21 km Team Time Trial on the last day.

The indulgent one and a half hours of Good Massage a few days after the 5 Passes was an excellent way to finish a Great Ride. Thanks, Jason.

By Jo Stilwell

Odd-bit:

Two lions broke loose in the zoo and were eating a clown. One lion said to the other ... "Does this taste funny to you?" - Unknown

He who laughs last thinks slowest Smoking kills. If you smoke you've lost a very important part of your life—Brooke Shields.

Origin of "Frog in your throat" Medieval physicians believed that the secretions of a frog could cure a cough if they were coated on the throat of the patient. The frog was placed in the mouth of the sufferer and remained there until the physician decided that the treatment was complete.

It may be your sole purpose in life to serve as a warning to others. - Unknown

Feedback:

Ok, so here ends yet another fab edition, hope you all had as much fun reading it as I have had in producing it.

Well done David, Jo, Lloyd and Tanya (Team Good Massage) on your Five Passes success and thank you so much for allowing me to be a part of it.

The text reminder service seems to be working well after initial teething issues and clients are now relying on it...very good!! Keep up the ice baths, awful but some very positive feedback...it works!! And remember parking at the rear of the clinic,

go online for details and for those who just can't get enough... **past issues.** Here's wishing you all a wonder-

ful Christmas and New Year, take care, see you soon.

Question 10 Answer



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OPEN
24th DEC & 7th to 11th JAN
PH 03 365 5665



Hello & Welcome

Well hello! Yes... it's that time again, party in your mailbox... The Good Massage NewsLetter...the third and last one for 2007. Wow! what a year, so much has happened, and hasn't the year gone so so fast?

The new clinic at Injury Solutions has gone down a treat with clients and is proving a fantastic place to work. Amy and Quinn on the front desk are awesome and as well as taking your Good Massage bookings can also help with Physio, Podiatry, Sports Doctor and Dietician. Thanks to you all for your support!!

Christmas coming up, massage gift vouchers for any session make

Christmas Opening Hours

M	T	W	T	F	S	S
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

great presents and stocking fillers. We also have a variety of waxes available and free pedometers too.... Which reminds me, well done Team Good Massage on the Five Passes Cycle Tour...more on the back page. The cycle shirts look so good I've decided to sell them, you can check them out on the website under newsletters and let me know. A tougher quiz this time to get you through the break and the original Pav recipe for Christmas Day. Well I hope you all have a very merry Christmas and a safe New Year, check out the holiday opening hours above and if we don't see you before, see you all in the new year



The Interesting Part:

Levator Scapulae

A common cause of neck pain and headaches

What is it?

The Levator Scapulae muscle or Levator is a small muscle either side of the neck. It originates from the first four vertebrae of the neck (C1 to C4) and inserts into the top of the shoulder blade (medial border and superior angle of the scapula)



What does it do?

Levator is the muscle that lifts the shoulder blade up toward the ears, helps rotate the neck and tilts the head back. It's the muscle in your neck that hurts when you try to turn your head reversing the car or aches when you are tired, stressed or overworked.

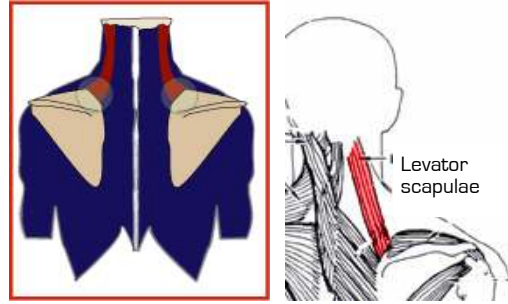
What causes it to become sore?

Levator is a small muscle with a big job. Often with poor posture, e.g. sitting all day at the computer with your head forward the muscle becomes over-worked and unable to eliminate the toxins produced as waste and by-products of muscle contraction. This is also the case in many sports or activities where the Levator muscle is required to support the weight of your head, such as cycling, kayaking and rowing.



What can you do to help yourself?

The problem tends to be using the



muscle in one way for too long... muscles are designed to be used in a variety of ways, the more you use them through their whole range of motion the more they love you for it!! So break up your work, get up, walk, do some thing else for five minutes every hour. If it's a sport causing this, **stretch!!!!..alot more than you do!!** Include a different activity such as swimming or running as **cross-training** to give your muscles the variety they thrive on to stay healthy.

Ok, So how can Good Massage help??

Well...glad you asked... if you feel like your head is strapped to a board every time you try to turn around and the heat packs, stretching and pain-killers just aren't enough. Book in for a good deep tissue massage for some specific neck treatment and muscle release.

Good Massage will increase circulation to the muscle and flush toxins away so your muscles can return to optimum health and range of movement. Regular **Good Massage** throughout your sports training or as maintenance for work related neck pain will help keep minor aches and pains from becoming more serious and promote healthy muscles.

Yes! It's the Incredible Breakfast Quiz!!

- Technology:** What does 'SD' stand for in portable memory cards called SD cards found in cameras, phones etc.
- Travel:** If you were at a festival in Bunyol, Spain on the last Wednesday of August, what do you stand a high chance of being hit by??



- Kiwiana:** Jordan Luck was the lead singer of which 80's kiwi band?
- Pop Culture:** Earlier this year Powderfinger were the support act for which other Aussie rock band?
- Television:** Regis Philbin, Chris Tarrant and Eddie McGuire are

the respective US, UK and Australian hosts, of what TV game show?

6. **Natural World:** At ten metres underwater what colour is blood?

7. **Mythology:** If Charon was your ferryman and you were crossing the river Styx, where would you be going?

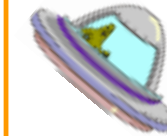
8. **History:** The Charge of the Light Brigade was part of the Battle of Balaklava during which 19th century war?

9. **Lifestyle:** What is the name of the Royal Horticultural Society flower show held annually in London during May?

Answer on back page



10. **Puzzle:** Reposition only two sticks, so that you end up with four squares of equal size and no sticks left over



11. **Science** Which of the following is the chemical symbol for Potassium— Pt, Po, or K?

Answers

1 Secure Data. 2 A tomato (la Tomatina fest). 3 Dance Exponents. 4 Silverhair. 5 Who wants to be a Millionaire. 6 Green. 7 Hades. 8 Crimean. 9 The Chelsea Flower Show. 10 Answer back page. 11 K.



The Yummy Recipe Bit

The original 1933 PAVLOVA CAKE

By Mrs W.H. Stevens, East Belt, Rangiora

INGREDIENTS
2 whites of eggs
1 tsp cornflour
1 cup of sugar

METHOD

Beat egg whites very stiff, add sugar and cornflour; beat again. Pour into sandwich tin and bake in a very slow oven for one hour. When cold, put whipped cream, pineapple and walnuts on top.

Apparently this recipe for Pavlova was published a year before the earliest known Australian version.



BONUS PRIZE!!

12: In issue one of the Good Massage Newsletter, the feature muscle article was on the "QL— a common cause of lower back pain"

What is "QL" short for??

13: What famous man-made feature can be found at Latitude 27deg 10'31.36"N Longitude 78deg 2'33.65E ??

14: What are these two molecular formulae?



Win

A bottle of Lindauer plus a 1/2 hr Massage Voucher by being the first to email correct answers to jason.goodmassage@gmail.com