

wheels to wellness massage therapy llc

Wheels to Wellness Massage Therapy LLC: Your Journey to Relaxation Starts Here

Are you stressed, tense, or just plain exhausted? Do you long for a way to melt away the daily grind and reconnect with your body? At Wheels to Wellness Massage Therapy LLC, we understand. We believe that everyone deserves access to high-quality, personalized massage therapy that promotes both physical and mental well-being. This comprehensive guide will delve into what makes Wheels to Wellness unique, the services we offer, and how we can help you achieve your wellness goals. We'll explore everything from our mobile massage services to our commitment to client satisfaction, ensuring you find the perfect answer to your wellness questions.

Understanding Wheels to Wellness Massage Therapy LLC: More Than Just a Massage

Wheels to Wellness Massage Therapy LLC isn't just another massage business; it's a commitment to your overall health and happiness. We go beyond the typical spa experience, focusing on providing customized massage therapy tailored to your individual needs. Our experienced and licensed massage therapists are dedicated to helping you relieve pain, reduce stress, and improve your overall quality of life. We understand that everyone's body is unique, and we take the time to listen to your concerns and develop a treatment plan that works best for you. Whether you're recovering from an injury, managing chronic pain, or simply seeking relaxation, we're here to support you on your wellness journey.

Our Wide Range of Specialized Massage Services

We offer a diverse range of massage modalities to cater to various needs and preferences. Our services include:

Swedish Massage: This classic massage technique uses long, flowing strokes to relax muscles and improve circulation. It's perfect for stress relief and overall relaxation.

Deep Tissue Massage: Ideal for those experiencing chronic muscle pain or tightness, deep tissue massage targets deeper layers of muscle tissue to release tension and improve mobility.

Sports Massage: Designed to address the specific needs of athletes, sports massage helps prevent injuries, improve performance, and aid in recovery.

Prenatal Massage: Our specially trained therapists provide safe and comfortable prenatal massages to address the physical discomforts of pregnancy, promoting relaxation and reducing stress.

Hot Stone Massage: Experience the soothing warmth of smooth, heated stones placed on your body to deeply relax muscles and promote circulation.

The Convenience of Mobile Massage Therapy

One of the key differentiators of Wheels to Wellness is our convenient mobile massage service. We bring the spa experience directly to you, eliminating the need to travel and allowing you to relax in the comfort of your own home or office. This is particularly beneficial for those with mobility limitations, busy schedules, or simply a preference for a more private and comfortable setting. We bring all the necessary equipment and ensure a tranquil and professional atmosphere wherever you choose.

Our Commitment to Quality and Client Satisfaction

At Wheels to Wellness Massage Therapy LLC, we are dedicated to providing the highest quality massage therapy services. Our therapists are all licensed and experienced professionals who are passionate about their work. We prioritize client satisfaction above all else and strive to create a relaxing and therapeutic experience for every client. We encourage open communication, ensuring your needs and preferences are met throughout your session. We also maintain the highest standards of hygiene and cleanliness, adhering to all relevant health and safety regulations.

Booking Your Appointment with Wheels to Wellness

Booking your appointment with Wheels to Wellness is simple and straightforward. You can easily schedule your massage online through our website or by calling us directly. We offer flexible scheduling options to accommodate your busy lifestyle. We understand that life can be unpredictable, and we are happy to work with you to reschedule or cancel your appointment with ample notice.

Beyond the Massage: Holistic Wellness Support

We believe that true wellness encompasses more than just physical health. We encourage our clients to consider the broader aspects of their well-being, such as diet, exercise, and stress management. We can provide recommendations and resources to help you achieve a balanced and holistic approach to wellness. We aim to be more than just a massage provider; we are your partners in achieving lasting well-being.

Conclusion

Wheels to Wellness Massage Therapy LLC offers a unique blend of expertise, convenience, and personalized care. We are committed to helping you achieve your wellness goals through high-quality massage therapy delivered in a comfortable and convenient setting. Our diverse range of services and our dedication to client satisfaction make us the perfect choice for anyone seeking relaxation, pain relief, or improved overall well-being. Contact us today to schedule your appointment and experience the Wheels to Wellness difference.

FAQs

Q1: What forms of payment do you accept?

A1: We accept all major credit cards, debit cards, and cash.

Q2: Do you offer gift certificates?

A2: Yes, we offer gift certificates that can be purchased online or in person. They make a perfect gift for birthdays, anniversaries, or any special occasion.

Q3: What should I wear to my massage appointment?

A3: We recommend wearing comfortable, loose-fitting clothing that you can easily remove and put back on. We provide draping to ensure your privacy and comfort during the massage.

Q4: What is your cancellation policy?

A4: We require at least 24 hours' notice for cancellations or rescheduling to avoid any charges.

Q5: Do you offer discounts for multiple sessions?

A5: Yes, we offer discounted packages for multiple massage sessions. Contact us for details on our current package deals.

wheels to wellness massage therapy llc: Wellness Counseling Paul F Granello, 2013-04-09
This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

wheels to wellness massage therapy llc: Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition Leslie Stager, 2020-06-30
Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly skilled perinatal massage instructor who is also a registered nurse, childbirth educator, and doula.

wheels to wellness massage therapy llc: Yoga as Medicine Yoga Journal, Timothy McCall, 2007-07-31
The definitive book of yoga therapy, this groundbreaking work comes to you from the medical editor of the country's premier yoga magazine, who is both a practicing yogi and a Western-trained physician. Beginning with an overview of the history and science of yoga, Dr. McCall describes the many different techniques in the yoga tool kit; explains what yoga does and

who can benefit from it (virtually everyone!); and provides lavishly illustrated and minutely detailed instructions on starting a yoga practice geared to your fitness level and your health status. Yoga as Medicine offers a wealth of practical information, including how to: •Utilize yogic tools, including postures, breathing techniques, and meditation, for both prevention and healing of illness •Master the art of becoming more in tune with your body •Communicate more effectively with your doctor •Adopt therapeutic yoga practices as either an alternative or a complement to surgery and to expensive, sometimes dangerous medications •Practice safely Find an instructor and a style of yoga that are right for you. With twenty chapters devoted to the work of individual master teachers, including such well-known figures as Patricia Walden, John Friend, and Rodney Yee, Yoga as Medicine shows how these experts have applied the wisdom of this ancient holistic practice to twenty different conditions, ranging from arthritis to chronic fatigue, depression, heart disease, HIV/AIDS, infertility, insomnia, multiple sclerosis, and obesity. Defining yoga as “a systematic technology to improve the body, understand the mind, and free the spirit,” Dr. McCall shows the way to a path that can truly alter your life. An indispensable guide for the millions who now practice yoga or would like to begin, as well as for yoga teachers, body workers, doctors, nurses, and other health professionals.

wheels to wellness massage therapy llc: The Circle Dave Eggers, 2013-10-08

INTERNATIONAL BESTSELLER • A bestselling dystopian novel that tackles surveillance, privacy and the frightening intrusions of technology in our lives—a “compulsively readable parable for the 21st century” (Vanity Fair). When Mae Holland is hired to work for the Circle, the world’s most powerful internet company, she feels she’s been given the opportunity of a lifetime. The Circle, run out of a sprawling California campus, links users’ personal emails, social media, banking, and purchasing with their universal operating system, resulting in one online identity and a new age of civility and transparency. As Mae tours the open-plan office spaces, the towering glass dining facilities, the cozy dorms for those who spend nights at work, she is thrilled with the company’s modernity and activity. There are parties that last through the night, there are famous musicians playing on the lawn, there are athletic activities and clubs and brunches, and even an aquarium of rare fish retrieved from the Marianas Trench by the CEO. Mae can’t believe her luck, her great fortune to work for the most influential company in the world—even as life beyond the campus grows distant, even as a strange encounter with a colleague leaves her shaken, even as her role at the Circle becomes increasingly public. What begins as the captivating story of one woman’s ambition and idealism soon becomes a heart-racing novel of suspense, raising questions about memory, history, privacy, democracy, and the limits of human knowledge.

wheels to wellness massage therapy llc: Fascia in Sport and Movement, Second edition

Robert Schleip, Jan Wilke, Amanda Baker, 2021-03-30 Fascia in Sport and Movement, Second edition is a multi-author book with contributions from 51 leading teachers and practitioners across the entire spectrum of bodywork and movement professions. It provides professionals from all bodywork and movement specialisms with the most up-to-date information they need for success in teaching, training, coaching, strengthening, tackling injury, reducing pain, and improving mobility. The new edition has 21 new chapters, and chapters from the first edition have been updated with new research. This book is an essential resource for all bodywork professionals - sports coaches, fitness trainers, yoga teachers, Pilates instructors, dance teachers and manual therapists. It explains and demonstrates how an understanding of the structure and function of fascia can inform and improve your clinical practice. The book's unique strength lies in the breadth of its coverage, the expertise of its authorship and the currency of its research and practice base.

wheels to wellness massage therapy llc: Kansas Register , 2005

wheels to wellness massage therapy llc: Crystal Muse Heather Askinosie, Timmi Jandro, 2017-10-17 “Crystal Muse is pure enchantment. It is written with grace, deep knowledge, and the kind of magic that comes only from years and years of experience trusting and working in the unseen realms. I highly recommend this book to everyone who wants to live a more delightful and fulfilling life.”— CHRISTIANE NORTHRUP, M.D., New York Times best-selling author of Goddesses

Never Age Crystal Muse explores how you can transform life's challenges into opportunities for growth by being equipped with the right crystals and mindset. Learn how you can connect with crystals and empower your life by using this guide to set such transformational intentions as: —Attracting love through learning to love yourself —Relieving anxiety by surrendering to meditation —Becoming a magnet for prosperity —Crystallizing a breakthrough —Consciously conceiving a new life —Cutting your unhealthy energy cords —Getting rid of insomnia to sleep with your mind fully at rest —Cultivating the connection with your creative spirit —Aligning with the energy of the moon —Grounding yourself with the energy of the earth; and —Finding the temple within These practices are a collection of over 25 years of rigorous research, world travel, and spiritual quests by holistic healer and crystal expert, Heather Askinosie. For over two decades, Heather and her business partner, Timmi Jandro, have been offering insights into crystals through their crystal healing business, Energy Muse. Throughout Crystal Muse, Heather and Timmi share their personal stories on the path toward alternative practice, and explain how these remedies can work for the reader's life too.

wheels to wellness massage therapy llc: *Floral Acupuncture* Deborah Craydon, Warren Bellows, 2012-07-11 Certified flower essence practitioner Deborah Craydon and licensed acupuncturist Warren Bellows combine their expertise to present an innovative and highly effective holistic method to treat body, mind, and spirit. By applying flower essences (in place of needles) to acupuncture points, it is possible to stimulate the movement of energy (chi), starting a powerful healing process. Filled with full-color photography, this practical manual, suitable for both professional and home use, includes treatments for common ailments, such as depression, anxiety, and loneliness. The authors also explain the theory behind this technique and provide general instructions for application of flower essence tinctures, creating a comprehensive view of this exciting new form of alternative healing. The first guidebook to show how to apply the flower essences of Dr. Bach to acupuncture points for treatment of emotional and physical conditions, such as depression, anxiety, neck and shoulder pain, and headaches—without the use of needles. Bach flower essences can be purchased in most health food stores and homeopathic pharmacies and are safe for use on children, pregnant women, the elderly, and pets. Includes more than 50 full-color instructional photographs.

wheels to wellness massage therapy llc: *The Fat Artist and Other Stories* Benjamin Hale, 2016-05-17 "Oddly beautiful and impossible to look away from" (Los Angeles Times), the stories in *The Fat Artist* are suffused with fear and desire, introducing us to a company of indelible characters reeling with love, jealousy, megalomania, and despair. In prose alternately stark, lush and hallucinatory, occasionally nightmarish and often absurd, the voices in Benjamin Hale's *The Fat Artist and Other Stories* speak from the margins: a dominatrix whose longtime client, a US congressman, drops dead during a tryst in a hotel room; an addict in precarious recovery who lands a job driving a truck full of live squid; a heartbroken performance artist who attempts to eat himself to death as a work of art. From underground radicals hiding in Morocco to an aging hippy in Colorado in the summer before 9/11 to a young drag queen in New York at the cusp of the AIDS crisis, these stories rove freely across time and place, carried by haunting, peculiar narratives that form the vast tapestry of American life. "A steadily growing...talent" (Kirkus Reviews), Hale's prize-winning fiction abounds with a love of language and a wild joy for storytelling, earning accolades from writers such as novelist Jonathan Ames, who compared discovering his work to watching Mickey Mantle play ball for the first time; Washington Post critic Ron Charles, who declared him "fully evolved as a writer," and bestselling author Jodi Picoult, who simply called him "brilliant." Pairing absurdity with philosophical musings on the unnerving intersections between life and death, art and ridicule, consumption and creation, "the audacious imagination evident in Hale's acclaimed debut, *The Evolution of Bruno Littlemore*, shines again in this...provocative collection that takes a unique view of the human condition" (Booklist).

wheels to wellness massage therapy llc: *My Omaha Obsession* Miss Cassette, 2020-11 2021 Nebraska Book Award *My Omaha Obsession* takes the reader on an idiosyncratic tour through some

of Omaha's neighborhoods, buildings, architecture, and people, celebrating the city's unusual history. Rather than covering the city's best-known sites, Miss Cassette is irresistibly drawn to strange little buildings and glorious large homes that don't exist anymore as well as to stories of Harkert's Holsum Hamburgers and the Twenties Club. Piecing together the records of buildings and homes and everything interesting that came after, Miss Cassette shares her observations of the property and its significance to Omaha. She scrutinizes land deeds, insurance maps, tax records, and old newspaper articles to uncover a property's singular story. Through conversations with fellow detectives and history enthusiasts, she guides readers along her path of hunches, personal interests, mishaps, and more. As a longtime resident of Omaha, Miss Cassette is informed by memories of her youth combined with an enduring curiosity about the city's offbeat relics and remains. Part memoir and part research guide with a healthy dose of colorful wandering, *My Omaha Obsession* celebrates the historic built environment and searches for the people who shaped early Omaha.

wheels to wellness massage therapy llc: Wholeness Within Emily Smith, 2022-01-25 Feeling defeated? Lost as to what steps to take next in your life and career? Leave behind society's false ideas about how to achieve self-worth and success, and begin reclaiming your life. *Wholeness Within* will help you shift your perception, integrate your past, and accept yourself. A spiritual guidebook for the modern woman stepping into the unknown, *Wholeness Within* follows author and spiritual career coach Emily Smith on her journey from fear and victimhood to rapturous self-acceptance. Throughout, Emily shares her personal experiences of battling grief, burnout, anxiety, career dissatisfaction, addiction, and depression, which ultimately led her to a personal rebuilding and the development of a breakthrough coaching method that can help women everywhere shed negative self-images, create a career they actually love, and reclaim their narratives. In her twenties, Emily lived an alluring life that looked victorious on the outside. She worked in the corporate world, living in London and New York City, and had a stimulating social life. On the inside, she felt numb. She lost herself in relationships, alcohol, partying, and work. But after a cataclysmic event upended her life and cracked her heart open, Emily knew that in order to move forward she would have to find her way back to herself and figure out how to heal. What she didn't realize then was that she would have to come to terms with her past, trust in an unseen force to guide her, and revolutionize her entire belief system. Part memoir and part step-by-step guide, *Wholeness Within* is a framework for learning to trust and respect yourself, your intuition, and your emotions. With Emily's guidance, begin building an awareness of the energy around you, learn how to overcome mindset blocks, and take the steps toward aligning your authentic life and career. It only becomes possible to transform your life when you transform your perception of yourself. You have the power to cultivate wholeness within; you just need to wake up to it.

wheels to wellness massage therapy llc: The Wahls Protocol Terry Wahls M.D., Eve Adamson, 2014-03-13 An integrative approach to healing chronic autoimmune conditions by a doctor, researcher, and sufferer of progressive multiple sclerosis (MS) whose TEDx talk is already a web sensation. Like many physicians, Dr. Terry Wahls focused on treating her patients' ailments with drugs or surgical procedures—until she was diagnosed with multiple sclerosis (MS) in 2000. Within three years, her back and stomach muscles had weakened to the point where she needed a tilt-recline wheelchair. Conventional medical treatments were failing her, and she feared that she would be bedridden for the rest of her life. Dr. Wahls began studying the latest research on autoimmune disease and brain biology, and decided to get her vitamins, minerals, antioxidants, and essential fatty acids from the food she ate rather than pills and supplements. Dr. Wahls adopted the nutrient-rich paleo diet, gradually refining and integrating it into a regimen of neuromuscular stimulation. First, she walked slowly, then steadily, and then she biked eighteen miles in a single day. In November 2011, Dr. Wahls shared her remarkable recovery in a TEDx talk that immediately went viral. Now, in *The Wahls Protocol*, she shares the details of the protocol that allowed her to reverse many of her symptoms, get back to her life, and embark on a new mission: to share the Wahls Protocol with others suffering from the ravages of multiple sclerosis and other autoimmune conditions.

wheels to wellness massage therapy llc: *The Emotion Code* Dr. Bradley Nelson, 2019-05-07 I believe that the discoveries in this book can change our understanding of how we store emotional experiences and in so doing, change our lives. The Emotion Code has already changed many lives around the world, and it is my hope that millions more will be led to use this simple tool to heal themselves and their loved ones.—Tony Robbins In this newly revised and expanded edition of *The Emotion Code*, renowned holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of trapped emotions—emotional energies that literally inhabit your body. These trapped emotions can fester in your life and body, creating pain, malfunction, and eventual disease. They can also extract a heavy mental and emotional toll on you, impacting how you think, the choices that you make, and the level of success and abundance you are able to achieve. Perhaps most damaging of all, trapped emotional energies can gather around your heart, cutting off your ability to give and receive love. The Emotion Code is a powerful and simple way to rid yourself of this unseen baggage. Dr. Nelson's method gives you the tools to identify and release the trapped emotions in your life, eliminating your "emotional baggage," and opening your heart and body to the positive energies of the world. Filled with real-world examples from many years of clinical practice, *The Emotion Code* is a distinct and authoritative work that has become a classic on self-healing.

wheels to wellness massage therapy llc: *Dancer Wellness* Mary Virginia Wilmerding, Donna Krasnow, IADMS, 2016-10-20 Dancers who want to get the most out of their experience in dance—whether in college, high school, a dance studio, or a dance company—can now take charge of their wellness. *Dancer Wellness* will help them learn and apply important wellness concepts as presented through the in-depth research conducted by the International Association for Dance Medicine & Science (IADMS) and their experts from around the world. *Four Primary Areas Dancer Wellness* covers four primary topics: Foundations of dancer wellness, which explores the dancer's physical environment, the science behind training, and conditioning Mental components of dancer wellness, which investigates the psychological aspects that influence a dancer's training—imagery, somatic practices, and the ways that rest, fatigue, and burnout affect learning, technique, and injury risk and recovery Physical aspects of dancer wellness, which examines dancer nutrition and wellness, including the challenges in maintaining good nutrition, addressing body composition issues, bone health, injury prevention, and first aid Assessments for dancer wellness, which offers guidance in goal setting, screenings, assessing abilities, and designing a personal wellness plan Each chapter offers learning objectives at the beginning and review questions at the end to help readers recall what they have learned. Sidebars within each chapter focus on self-awareness, empowerment, goal setting, and diversity in dance. "Dancer Wellness meets the needs of dancers in any setting," says Virginia Wilmerding, one of the book's editors from IADMS. "Our authors are leaders in the field, and they thoroughly investigate their areas of specialization. Through that investigation we have provided theoretical concepts and practical information and applications that dancers can use to enhance their health and wellness as part of their dance practice." This text offers foundational information to create a comprehensive view of dancer wellness. "Wellness defines the state of being healthy in both mind and body through conscious and intentional choices and efforts," says coeditor Donna Krasnow. "Anyone interested in the health and wellness of dancers can benefit from this book, regardless of previous training or level of expertise. This book covers each aspect of dancer wellness, whether environmental, physical, or psychological." A web resource is included with all new print books and some ebooks. For ebook formats that don't provide access, the web resource is available separately.

wheels to wellness massage therapy llc: *The IntenSati Method* Patricia Moreno, 2010-01-05 Imagine a workout that isn't a mindless chore but a life-affirming, body-transforming joy. Feeling great about yourself and living a life you love every day. Experiencing inner peace -- and achieving thinner peace at the same time! Now this can be your reality with the revolutionary mind/body fitness program that puts it all together: Intent (one's plan or purpose) + sati (the Sanskrit word for mindfulness) = The IntenSati Method Renowned fitness expert Patricia Moreno

has created a revolutionary mind/body fitness program so powerful, it's changing bodies and lives everywhere. Her philosophy behind IntenSati goes light-years beyond the traditional grinding workouts that get us nowhere fast and usually leave us discouraged and unmotivated. When your mind creates positive emotion during a physical workout, you actually change your body's chemistry, enabling you to not only shed the pounds but gain clarity and purpose. IntenSati fuses empowering affirmations and positive psychology with groundbreaking exercises drawn from dance, yoga, martial arts, aerobics, and strength training -- and illustrated here step by step -- to create total transformation, inside and out, and help you to:

- Liberate the inner -- and the thinner -- you
- End yo-yo dieting forever
- Banish emotional eating and binging
- Train your mind to think healthier and be healthier
- Rid your life of bad habits, negative thoughts, and self-defeating behaviors
- Cope with stress, anxiety, and depression
- Become a stronger, more beautiful person on both the inside and the outside

What the worldwide bestseller *The Secret* did for manifesting profound life change, The IntenSati Method does for remodeling both mind and body -- because you are what you think you are. This is the beginning....

wheels to wellness massage therapy llc: Evidence-Based Geriatric Nursing Protocols for Best Practice Marie Boltz, PhD, RN, GNP-BC, FGSA, FAAN, Elizabeth Capezuti, PhD, RN, FAAN, Terry T. Fulmer, PhD, RN, FAAN, DeAnne Zwicker, DrNP, APRN, BC, 2016-03-28 This new edition of one of the premier references for geriatric nurses in hospital, long-term, and community settings delivers current guidelines, real-life case studies, and evidence-based protocols developed by master educators and practitioners. With a focus on improving quality of care, cost-effectiveness, and outcome, the fifth edition is updated to provide the most current information about care of common clinical conditions and issues in older patients. Several new expert contributors present current guidelines about hip fractures, frailty, perioperative and postoperative care, palliative care, and senior-friendly emergency departments. Additionally, chapters have been reorganized to enhance logical flow of content and easy information retrieval. Protocols, systematically tested by more than 300 participating NICHE (Nurses Improving Care for Health system Elders) hospitals, are organized in a consistent format and include an overview, evidence-based assessment and intervention strategies, and an illustrative case study with discussion. Additionally, protocols are embedded within chapter text, providing the context and detailed evidence for each. Chapter objectives, annotated references, and evidence ratings for each protocol are provided along with resources for additional study. New to the Fifth Edition: Reorganized to enhance logical flow of information and ease of use Updated and revised Includes new contributions from expert educators and practitioners Provides new chapters on perioperative and postoperative care, general surgical care, care of hip fracture, palliative care, and the senior-friendly emergency department Key Features: Includes PowerPoints and a test bank for instructors Delivers evidence-based, current guidelines and protocols for care of common clinical conditions in the older person Illustrates the application of clinical protocols to real-life practice through case studies and discussion Edited by nationally known geriatric leaders who are endorsed by the Hartford Institute for Geriatric Nursing and NICHE Written for nursing students, nurse leaders, and practitioners at all levels, including those in specialty roles

wheels to wellness massage therapy llc: *Occupational Therapy Toolkit*, 2018-04 Fully revised and expanded in 2018. The Occupational Therapy Toolkit 7th edition is a collection of 354 full-page illustrated patient handouts. The handouts are organized by 97 treatment guides and are based on current research and best practice. This 787 page practical resource is the BEST resource for every therapist working with physical disabilities, chronic conditions or geriatrics.

wheels to wellness massage therapy llc: *Lifespan* David A. Sinclair, Matthew D. LaPlante, 2019-09-10 A NEW YORK TIMES BESTSELLER "Brilliant and enthralling." —The Wall Street Journal A paradigm-shifting book from an acclaimed Harvard Medical School scientist and one of Time's most influential people. It's a seemingly undeniable truth that aging is inevitable. But what if everything we've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority on genetics and longevity,

reveals a bold new theory for why we age. As he writes: "Aging is a disease, and that disease is treatable." This eye-opening and provocative work takes us to the frontlines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs—many from Dr. David Sinclair's own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it. Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, *Lifespan* will forever change the way we think about why we age and what we can do about it.

wheels to wellness massage therapy llc: International Handbook of Occupational Therapy Interventions Ingrid Söderback, 2014-11-25 Advanced therapies and technologies, new service delivery methods, and care upgrades in underserved areas are translating into improved quality of life for millions with disabilities. Occupational therapy parallels this progress at the individual level, balancing short-term recovery and adaptation with long-term independence and well-being. This Second Edition of the *International Handbook of Occupational Therapy Interventions* builds on its ground-breaking predecessor by modelling current clinical standards rooted in scientific evidence-based practice. Its interventions are applied to a diverse range of client disabilities, with many new or rewritten chapters on workplace and vehicle accommodations, smart home technologies, end-of-life planning, and other salient topics. New introductory chapters spotlight core competencies in the field, from assessing client needs and choosing appropriate interventions to evaluating programs and weighing priorities. And for increased educational value, interactive case studies allow readers an extra avenue for honing clinical reasoning and decision-making skills. Of particular note is a new chapter providing a taxonomy—the Occupational Therapy Intervention Framework—and a validation study of its categories and concepts, delineating the occupational therapist's roles and the expected outcomes. Intervention areas featured in the Handbook include: ● Adaptive interventions, OTs manage and facilitate clients' adaptations. ● Learning interventions, OTs teach and the clients learn or relearn. ● Enabling interventions, OTs enable clients to be meaningfully occupied. ● Preventing interventions, OTs prevent ill-health and promote clients' ability to sustain health in daily life. The Second Edition of the *International Handbook of Occupational Therapy Interventions* is career-affirming reading for all members of rehabilitation teams, including occupational and physical therapists and rehabilitation nurses. Students intending to enter this growing field and professionals working toward its continued improvement will find it useful and inspiring.

wheels to wellness massage therapy llc: NASM Essentials of Corrective Exercise Training Micheal Clark, Scott Lucett, National Academy of Sports Medicine, 2010-09-21 *NASM Essentials of Corrective Exercise Training* introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier

resource for learning and applying NASM's systematic approach to corrective exercise training.

wheels to wellness massage therapy llc: *Nutrition and Diet Therapy* Peggy Stanfield, Yiu H. Hui, 2009-06-17 Nutrition and Diet Therapy: Self-Instructional Approaches covers the fundamentals of basic nutrition, and then nutrition as therapy, in both adults and children. It is designed to work as a traditional text or a self-instructional text that allows for distance-learning and self-paced instruction. Progress checks throughout each chapter and chapter post-tests help students to evaluate their comprehension of key information. The Fifth Edition has been completely revised and updated to include My Pyramid and corresponding DRIs and all of the all figures and tables have been revised. Accompanied by A Comprehensive Companion Web site

wheels to wellness massage therapy llc: *The Well Life* Briana Borten, Peter Borten, 2016-12-02 Three simple principles for creating a balanced and satisfying life! The secret to living an exceptional life—with fulfilling work and leisure, meaningful relationships, and time for oneself—is finding balance. Briana and Dr. Peter Borten have the strategies you need to achieve this all-important balance in your life—even in the face of chaos. The Bortens focus on three fundamental principles of a satisfying life: -Sweetness: Learn the importance of feeding your life, body, and soul -Structure: Find out how intelligent structure can give you more spontaneity and freedom, and liberate you from an excessively busy existence -Space: Carve out purposeful space, which allows for perspective—an understanding of the big picture and your place in it By adding and maintaining sweetness, structure, and space to your life, you will be able to let go of the stress and tension that gets in the way of being happy, authentic, and fully present—living The Well Life. The Well Life is a beautiful guide to living the good life, mind, body, and soul from two people who walk the walk. Peter and Briana Borten integrate knowledge of ancient healing traditions, the realities of our modern lives, and their own practical experience to unlock what it truly means to be well. This book is a healing journey. —Kate Northrup, Bestselling Author of Money: A Love Story The Well Life is a powerful primer on living as we were intended to live—under grace, all systems go, and in love. A great platform for living deliberately and creating consciously. —Mike Dooley, New York Times Bestselling Author of Infinite Possibilities If you're looking to break out of the excuses and experience more vitality than ever before, read this book! With their background in Eastern medicine and love of Western strategy, Briana and Peter lay out a beautiful prescription for more ease, joy, balance, and fulfillment in The Well Life. Quite frankly, if you put even just 5 percent of this book into practice, you'll create incredible results! —Alexi Panos, Leader in the Emergent Wisdom Movement and Author of 50 Ways to Yay! and Now or Never

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activities • An introduction to the traditional principles of T'ai Chi • Up-to-date summaries of the research on the health benefits of T'ai Chi • How T'ai Chi can enhance work productivity, creativity, and sports performance • And much more

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Shuzen Harris, Christina Feldman, Mark Epstein, Ezra Bayda, Judith Toy, Noah Levine, Judy Lief, Norman Fischer, Jack Kornfield, Stan Goldberg, Yongey Mingyur Rinpoche, Dzigar Kongtrül, and many others.

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Chamber of Commerce of Greater Philadelphia, 2000

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Cosgrove, Craig Rasmussen, 2020-08-03 Your success as a fitness professional depends on your ability to reliably deliver results to clients. In *Secrets of Successful Program Design: A How-To Guide for Busy Fitness Professionals*, noted fitness and program design expert Alwyn Cosgrove and his director of programming, Craig Rasmussen, share Alwyn's proven system for creating programs that take clients from where they are to where they want to be. You'll learn how to properly assess a client and design the most effective program based on their individual goal—whether that is fat loss, muscle and strength building, or improved overall conditioning. You'll also learn how to customize the training experience of your client on the fly, effectively progressing and regressing exercises according to day-to-day fluctuations in abilities and needs. This will ensure you are delivering the best results possible for each client every time they train. This guide to building training programs is supplemented with a selection of predesigned workouts that will draw on your skills for progressing and regressing exercises, saving you valuable time and energy while still allowing you to produce a personalized experience for your client. A reliable system-based approach to program design that consistently delivers results to every client—regardless of demographic profile, ability, or goals—will set your training business up for success in the incredibly competitive fitness market. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

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a unique group approach that can turn a circle of ordinary people into a powerful caregiving team. Share the Care shows you how to: —Create a caregiver family from friends, real family members, neighbors, coworkers, and acquaintances. —Hold a meeting to organize your group, and introduce members to the Share The Care systems that guarantee every job will be done and no one person will have to do too much. —Discover the hidden talents within the group, make the most of their resources, cope with group issues, and stay together in the face of adversity. Included here are valuable guidelines, compassionate suggestions, and a simple-to-use workbook section that together offer support to free the patient from worry and the caregivers from burnout. Share the Care offers friends and family the best answer ever to the frequently asked question What can I do?

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a work of Art. All we need is to find the skills hidden in our very being. The canvas of our existence was given to us at birth. We were nurtured by others during our apprenticeship until finally we had to take responsibility for our own masterpiece

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- Uncover the roots of your touch experience and needs
- Strategize ways to add healthy touch into your daily life
- Develop boundaries to honor your wants and needs and help you heal old touch wounds
- Practice consent and communication with loved ones in a playful and positive way
- Increase levels of trust, collaboration, and even productivity in your personal and professional relationships

If you are craving healthy touch, or looking for that missing piece in your attempt to improve relationships and results with your loved ones, peers, or clients, this book will answer questions you don't know you have and empower you to catalyze deeper connections with everyone whose life you touch. No-Touch policies are not the answer. Together, we can use the power of touch to heal and change the experience from taboo to transformational.

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