

Life in the Fast Lane? Switch the Ignition Off!

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Watch any young child at play and you will see pure energy and movement as they explore the world around them. Twenty years later and it might be a little difficult to recognize that same child as they stumble out of bed exhausted, with an aching back, desperate for a cup of coffee. So, how is it possible that we go from being children, full of energy and free in our bodies to stiff, aching, and tired adults? The answer is progress. As our society has become increasingly sophisticated, we have been taught to use our minds more and more and our bodies less and less, so that even the simplest household chore which used to require a high level of physical activity has long since been replaced by a “labour-saving” device, requiring at most a flick of the wrist.

Yet our bodies are built for movement. It is movement that keeps the body supple and energized. This implies that the ageing process can be greatly affected by the degree to which we use, or fail to use, our bodies throughout our lives. Once this is understood, the choice of whether we lose our physical mobility and energy or whether we remain fluid and dynamic as we get older is one we can consciously make for ourselves.

Life in a fast-moving world also brings with it the problem of stress. Stress in itself is neither good nor bad; it's our reaction to any given situation that is important. What might be a stressful situation for one person, may be quite pleasurable for another. What one person may see as too much work and a headache, another might see as a challenge and opportunity to thrive. We all need different levels of activity and stimulus.

What is important thought, is that we learn to strike the right balance between keeping busy and learning how to relax. Many people get the first part right and lead full, active lives ... but they often forget about the second part which is just as important. Unfortunately, our society teaches us that it is good to be busy and somehow bad or lazy to nurture self and relax. And we're now reaching a point where more and more people are ending up with stress related illnesses

simply because they did not know how to, or were unable to, relax. A brand new care driven non-stop without rest or regular servicing will eventually develop faults and perhaps even break down completely. Our bodies are no different. It's good to have a great ride, but it's also important to learn how to switch the ignition off.

So how can we become more flexible, relaxed and vibrantly alive? More and more people are asking themselves this question and have begun to search for simple and natural ways to remain in optimum health. Many are finding that wholistic modalities such as Massage, Reiki, CranioSacral and other forms of energy and bodywork are the most effective solutions for remaining supple and relaxed in a stressful world. Bodywork is highly effective, providing the maximum benefit in the minimum time. Take time to incorporate these modalities into your life to: reduce stress and tension, increase your flexibility and body awareness, calm and relax your nervous system, improve your circulation and body systems, activate your body's own self-healing mechanisms, boost your energy levels, and much more! You're worth it! To book an appointment, call Terri at: 418-8346.