



HANDS ON health

— PERSONAL TRAINING —
& SPORTS MASSAGE



Here at Hands on Health we know that Sports Therapy and Personal Training are a great way of improving health and wellbeing.

Our practitioner Gemma uses many innovative training methods such as Kettlebells, TRX and Power Plates but most of all she ensures that her training sessions are fun - which is what you'd expect from a Hula Aerobics master trainer.

Using a highly personal approach we help a wide range of clients with a variety of fitness levels. From the complete beginner through to the likes of the Nottingham Panthers - where we use Sports Massage to help injury prevention, enhance performance and aid recovery for the players.

Gemma Parker





Personal Training

Hands on Health one to one personal training can help and encourage you to achieve your goals. Whether you want to lose weight for that special occasion, increase muscle mass, tone up, improve your game or just simply get fit and healthy – we'll get you there.



What to expect

On your first visit we'll discuss your goals and make a personalised exercise plan to suit you. Each week we'll give you hints and tips on the best ways to eat and work out whilst we put you through a fun exercise routine – it's our aim to be a good teacher and guide as well as a trainer. What's more you'll find it a far cry away from the monotony of a normal gym, as we keep the exercises exciting and varied by tailoring the routines specifically to what you enjoy the most. Plus, the fun doesn't have to stop when you leave, as when you sign up to personal training you'll receive a starter pack with simple yet very effective ways to exercise – from the comfort of your own home. We're passionate about fitness, which is why it's important to us that we enhance your knowledge in order for you to live a happier, healthier and better lifestyle.

How we work

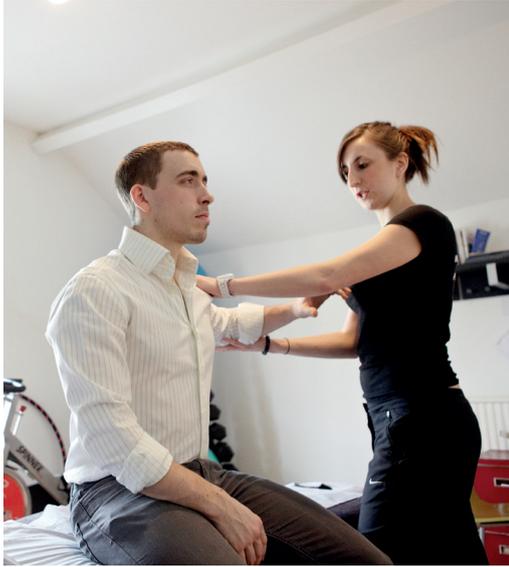
Many of our exercises are based on the principals of functional fitness. This new way of training in different planes of movement means you not only achieve your long-term goals, but also get your body moving in the right way. In our current daily lives we have less and less reason to move our bodies in different directions, you'll find our main movements are up, down, sitting down and standing up. You probably won't be aware of it but this limits our muscles to do any other movement throughout the day. Eventually this can weaken muscles and lead to injury when you put your body through even the simplest of tasks it may not be used too. For example you could be bench-pressing more than ever but these limiting lifestyle factors mean you could still manage to injure yourself when putting your toddler into a car seat. When training using functional fitness it focuses on integration, teaching your muscles to work together and build a body capable of doing real-life activities, not just lifting a certain amount of weight in an idealised posture created by a gym machine.

Functional fitness is also very effective at helping with specific problems such as areas that may lack movement, that are causing you pain or that are weak. By understanding your problems we can work with you and develop functional exercises tailored to your body and that improve your overall physical well-being.



Sports Massage

Here at Hands on Health there is no such thing as a typical massage as each treatment is chosen specifically to suit your individual needs – whether it's to help relieve stress and tension, to help heal a sports injury or as a welcome addition to your chiropractic treatment.



Following a one to one consultation our therapist will discuss your issues and any discomfort you might have before selecting which treatments suit your situation the best. At the end of session you'll be given after care advice such as exercises, stretches and helpful everyday tips so you feel better and move more freely.

Deep tissue massage

Everyone can benefit from hands on care, whether you've got a specific injury or just want to boost your health and well being.

We often use deep tissue massage as part of our chiropractic treatment, to aid healing in the soft tissue around joints, including muscles, tendons and ligaments.

Deep tissue massage involves using slow, firm strokes of the hand and applying pressure to specific areas using the fingers, to reach the deeper layer of soft tissue. It's particularly effective for easing muscular pain. It also helps to get rid of toxins in injured tissues, helping them to heal quicker and function better.

Swedish massage

Swedish massage is a gentler form of deep tissue massage. Once again, it's a great way to treat aches and pains whilst leaving you refreshed, revived and relaxed.

Specialist sports massage

If you play sport or lead an active lifestyle, we can help you avoid, as well as treat injuries. For example, we can help you identify and work with your body's strengths and weaknesses, with the aim of correcting problems and improving your overall health and performance, using specialist sports massage techniques tailor made for you. Sports massage is also ideal for treating specific soft tissue injuries and imbalances in the muscles, tendons and ligaments.

*For further information
on any of the above or
to book your FREE 30
minute personal training
consultation call Hands
on Health on:*

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