

Westcoast

OUTDOORS

Super
Dave
facts

Looking for Adventure? Join in the "Wendy get your FA off the Couch" run this Saturday in North Vancouver. More details at: clubfatass.com. Dave's hot sites this week are: lesleywhite.com, massagetherapy.bc.ca and massagetherapycanada.com



PHOTO COURTESY DAVE NORONA

Dave gets his daily massage while participating in the 28-day, 3,000-kilometre Mizone Adventure Race across the length of New Zealand.

Listen to your body

Massage therapy can help you avoid injuries

By DAVE NORONA
for Metro Vancouver

MOST PEOPLE TODAY push their limits. They have kids, a busy job, housework and outdoor activities to juggle, and in all the hustle and bustle, they get little time to sit back and just enjoy life. Something has to give.

It seems that people are afraid to say, "Hey, I am going to take the afternoon off for me and do something fun." This could be practicing yoga, reading a book, walking along the seawall, or just simply tak-

ing a nap.

We see this everyday as more and more people complain of headaches, migraines, and injuries. The truth is these things don't just pop up; they are actually our body's way of telling us we need to slow down. After all, you are nothing without your body, so maybe it's time you listened to it.

I have been training and racing my brains out for the last 16 years, and in that time I have learned a lot about my body. During all the brutal training sessions and wacky races, the biggest thing I am proud of is I have never been injured.

The reason you ask? Massage therapy. Since the beginning I made the choice to do things right and that

meant working with a registered massage therapist (RMT). First of all, an RMT has incredible knowledge about the human body and its workings.

RMTs in B.C. go through an extensive 3,000-hour training program followed by Provincial Board Exams, making them the most trained massage therapists in North America. With this training they are able to clinically assess your body and establish the best treatment protocol for you, personally. Your first few sessions will be a huge awakening to all the sore spots you never knew you had. But the bonus is that by finding out your sore spots, the therapist and you can go about managing them before they turn into

something more serious.

So how can massage help you? Well if you run, bike, swim or do anything active, massage therapy can help you create awareness around areas you are prone to overuse. Through massage and stretching, you can manage problems before they turn into injuries.

If you suffer from back pain or migraines, massage can help ease and manage those problems by addressing the source of the problem. This is highly preferable to masking it with drugs. I am always amazed at how long it takes people to see the real benefit of preventative medicine. Instead of waiting for the pain to arrive, why don't you seek out an RMT and discover your body all over again.

GEAR guide



SUNBEAM HEATING PAD

Description: Ease those sore muscles or get them ready for another epic day of sports with Sunbeam's moisture heat heating pad. Flexible and contoured to fit your body to provide pain relief to those nagging areas.

Price range: \$45

Where to find it: sunbeam.com

CONTOUR COLD PAK

Description: The best way to alleviate pain and reduce swelling after a fall is with ice. Contour cold pak makes it easy to get into those tough areas and it is soft and flexible even when just out of the freezer.

Price range: \$24.99

Where to find it: contourpak.com



ESSENTIAL OILS

Description: Essential Oils are a perfect way to help your body relax and regenerate. Oils can be added to massage oil to help reduce swelling to the treated area or burned through a candle to help create a perfect relaxing atmosphere.

Price range: \$5 to \$15

Where to find it:

Your Local Essential Oil Store



THE MA ROLLER

Description: The MA Roller is a self-massage tool that gently stretches the spine and deeply massages the antigravity paraspinal muscles. It is crafted from solid Rock Maple and helps melt away tension and muscular knots allowing you to feel calmer and energetic.

Price range: \$65 **Where to find it:** theroller.com



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