

How On-Site Seated Massage Can Help

For over a decade, on-site seated massage has been effectively relieving stress in the workplace for everyone from the CEO to hourly workers. It works because massage:

- Reduces muscle tension and the pain it causes
- Calms the nervous system and increases circulation, which boosts energy and alertness
- Helps employees identify and release tension on their own before it becomes a problem
- Provides a complete change of pace so the body and mind can relax and rejuvenate.

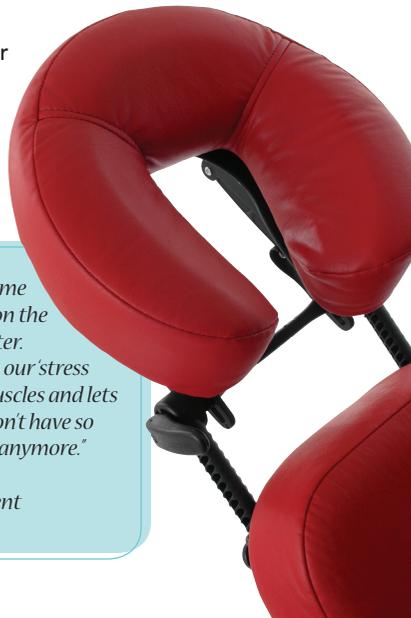
What is Seated Massage?

On-site seated massage is a short massage which:

- Comes to your workplace
- Is given by professional massage practitioner
- Lasts from 5-30 minutes, uses no oil, and takes place with the employee fully clothed.
- Usually covers the head, neck, shoulder, back, arms and hands and can be adapted to special needs.
- Leaves employees feeling relaxed, refreshed, and ready to return to work.

A portable massage chair, designed for comfort and support, is always used.

It is supplied by the massage practitioner and can be set up and dismantled quickly in any location.



"I spend a lot of time in cramped positions on the phone and the computer. I really look forward to our 'stress break'. It relaxes my muscles and lets me start fresh. And I don't have so much pain in my neck anymore."

Lisa Culver - Travel Agent

How to find out more

Contact Dan Chisholm to discuss a program that fits your needs. He will be happy to answer all of your questions about his background and experience, the massage routine and costs for the program. Ask for a demonstration session so you and others in your organization can experience first-hand the benefits of on-site massage.

Referral Incentive

Refer someone for Fitness and Massage Chicago services and receive complimentary services.

Dan Chisholm, B.S., L.M.T.

Degreed Personal Trainer
Licensed Massage Therapist
Wellness Consultant
Licensed Esthetician

5224 N Winthrop Avenue, 3C
Chicago, IL 60640
314-580-2051

www.fitnessandmassagechicago.com

On-Site Seated Massage

For The Workplace



Stress

Today stress is a fact of life, and the workplace is no exception. Deadlines, rapidly changing technology, and unavoidable interpersonal conflicts can bring significant stress to employees on a daily basis. The effects of stress are cumulative and, without time to relax and recharge, can lead to:

- Headaches, backaches, eyestrain, neck pain.
- Repetitive use injuries such as tendonitis or carpal tunnel syndrome.
- Listlessness, poor concentration, anxiety, depression, irritability or anger.
- Lowered resistance to colds and infections, high blood pressure and heart disease.
- Physical and emotional exhaustion, also known as 'burn-out'.

"The massages helped me realize how tight and tense the muscles in my neck and shoulders were. This has helped me avoid movement and postures that cause the tension and pain."

Bob Massie - CEO, Family Health Care Center

Stress Costs You Money

Stress on or off the job costs U.S. workplaces an estimated \$200 billion a year in reduced productivity, accidents, compensation claims, absenteeism, employee turnover, health insurance and medical expenses. This is more than the after-tax profits of the Fortune 500 companies, and 10 times the cost of all strikes combined.

Recent studies show:

- Up to 90% of all visits to primary care physicians are for stress-related complaints
- Up to 80% of industrial accidents are due to stress
- Over 50% of lost work days are stress related
- 14% of workers say stress caused them to quit or change jobs in the previous two years
- Worker's Compensation awards for job stress threaten to bankrupt the system in some states.

Easy to Set Up and Run

Assign a Contact Person

He or she will help the massage practitioner set a schedule, publicize the program, and sign people up.

Provide Space

A conference room, break room, or a quiet corner is fine. After the day's sessions, the space can quickly return to normal use.

Encourage Employees to Use It

Make sure they know you support the program. Use it yourself and encourage your manager to do the same.

"If it saves even one employee from a job related injury, it's a worthwhile investment in future medical costs."

Tim Akin - Lead Programmer, Veritas Software

A Versatile Benefit

Once on-site massage is in place, you may find it is also a great way to recognize birthdays or service anniversaries, provide incentive awards for good attendance or an accident free period, or give a bonus for achieving company and individual goals or completing projects. These uses are also an ideal way to try on-site massage.

"It's really motivational. It's a great thing the company does for employees and it gives me a positive feeling about working here."

Ron Walter - Office Manager, Veterinarian

A Cost Effective Benefit

Seated massage is very affordable. Because it is shorter than a regular table massage, its cost is proportionately less. Ask your massage therapist for exact prices, since cost varies by locale. Your minimal expenses for in-house coordination and publicity will be more than offset by these savings.

- There is no up-front investment in equipment or facilities
- You pay only for employees who use it.
- Employees can pay part or all of the cost.
- Massages can take place on break time so no work time is lost.
- Two massages a month cost much less per employee than most other health programs.

"To any manager considering on-site massage, I say it's hard to argue against it. It has minimal cost, the program runs itself, and the employees love it."

*Dyan Hageman -
Club Director
Muscle-Up Fitness*

