

Nita Keesler: Back In Balance Massage & Wellness

POSTURE & FLEXIBILITY

THERAPEUTIC STRETCHING TO PROMOTE SELF HEALING



PhillyFIT Challengers: Steve Brown, Gina DeBelle, Heather Hoehn and Kristine Labhart

With coffee in tow, the four challengers ambled into the group fitness studio where they were greeted by soothing music and a warm smile from Nita Keesler. As we made our way to the presentation area, we all became quite aware that chaos of our crazy weekends would soon be alleviated. Nita began her seminar with a brief introduction about her extensive background as a massage therapist and how she developed her expertise in flexibility training. She also took a short group survey to determine our level of experiences and noted where we wanted to make improvements with our relationship to flexibility training. Nita reviewed some fundamental components of posture, flexibility and stress and explained their relationship to our everyday lives. Steve comments, "I found the seminar extremely informative. Gaining a better understanding of the body's response to stress, and how to effectively counteract that stress is crucial to improved performance as well as pain free daily living."

Nita then took us through a practical, yet fun warm-up where we focused on postural awareness, its relationship to how we were "moving in space" and how our attitudes and confidence levels were affected by various forms of positive and negative feedback. "It was interesting to see how an internalized verbal cue directly impacted our strength and posture. I can only imagine how much negativity we could potentially translate to our bodies throughout the day without this awareness," said Heather.

The next segment of the seminar focused specifically on stretching. Nita moved through each area of the body and provided multiple techniques to alleviate specific problems and/or to simply reach a level of basic flexibility for that particular body part. Gina found, "The stretches we learned were extremely valuable. Flexibility training is all about discipline and taking the time throughout the week to do so. Nita showed me a ton of ways to stretch various muscle groups and even provided me with many examples of times throughout the day that I can stretch so that it only takes a few minutes here and there."

Not only did we examine stretches that isolated single body parts, but we delved into moves that hit multiple areas and even experienced some Proprioceptive Neuromuscular Facilitation (PNF), a more advanced form of flexibility training that involves both the stretching and contraction of the muscle group being targeted. Steve, an active competitive triathlete comments, "Nita demonstrated many useful stretches that will reverse or correct a few of the postural, flexibility, and skeletal alignment issues that I face as a result of the demands that I put on my body. Knowledge is a powerful and inexpensive tool in striving to maintain good health. However you need not be an athlete to benefit from this workshop. Everyone can benefit from Nita Keesler's seminar."

Kristine adds, "I found Nita to be a great presenter. She was very informative and attentive. After being a fitness instructor for many years, I knew the majority of the stretches she showed us; however, she did put a twist on some that I will definitely use. It is amazing how one, slight modification to a move can make such a tremendous difference in the depth of the stretch."

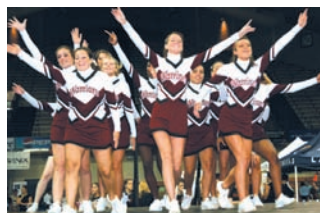


At the conclusion of the challenge, Nita took some extra time and conducted a detailed postural assessment on each participant. Based on her findings, she then proposed a flexibility and/or strength plan to correct any noted imbalances.

Kristine found the postural assessment extremely informative and helpful. "We all have our aches, pains, and tightness, but don't necessarily stretch the appropriate areas to promote healing. The postural assessment Nita did show me exactly where I need to stretch and what areas of my body I need to retrain."

Currently, Nita travels to various locations to conduct the Back in Balance Program. The Back in Balance Program may be offered in time frames from a mini-lecture in a health fair setting, to a single three hour workshop, or as a series of up to four 90 minute lessons. The seminar includes lecture and hands on stretching for individuals of all ages and abilities.

Nita would like to invite health clubs, community centers, nursing facilities, holistic healing centers, retirement communities, chiropractors, and workplaces to offer her program to enhance the health and well being of their clients. Her goal is to help educate people to recognize stressors on the body and reduce the restriction through increased flexibility and strength training. To learn more about Nita and her Back in Balance Program, visit her at www.back-in-balance.org or call 267.980.1727.



**WATCH
for the
next
PhillyFIT
BASH
dates**

**go to
phillyfit.com
for details!**

biketopia



**2030 W. Darby Road
Havertown, PA
19083
610.789.4500
WWW.BIKETOPIA.NET**

**HAPPY NEW YEAR
from
Optimum Health & Fitness
Personal Training**

**Don't drop the ball!!
Make those New Year's Resolutions real.
Call or email us to see what we can do
for you.**

OHF is a one-of-a-kind Health Facility aimed at helping the individual. Our educated and certified staff will design a program specifically around YOUR needs.

Call OHF for a free consultation.

610•522•2535 www.ohfpt.com

137 MacDade Blvd. Ridley PA 19033



**PHILLYFIT MAGAZINE IS PROUD
TO ANNOUNCE IT'S NEWEST
ADDITION TO THE FAMILY OF
FITNESS ENTHUSIASTS... A MINI
MAGAZINE INSERTED INTO ALL
60,000 COPIES OF PHILLYFIT,
ALL ABOUT PETS!**

All Editorials and feature stories will be on our furry friends... pictures galore... and plenty of local advertisements helping our readers find where to go to help their pets stay fit! If your business assists our pets, then you need to be in this special mini magazine!

Call us today to find out more about being included in the premier issue coming out the first week of January! 6 issues per year... affordable... and excellent exposure to folks interested in their entire family being healthy & fit!

215-396-0268 | www.phillyfit.com