

# Holistic Health for Balanced Living



**PROACTIVE**

Medically Based Health and Fitness



## Massage and Bodywork

Contact Cheree Buesing at 402.413.4031

**Swedish Massage:** The ultimate in relaxation from head to toe, Swedish massage is a stress reliever. It uses a firm but gentle pressure to improve circulation, ease muscle aches and tension, improve flexibility and create relaxation.

**Deep Tissue:** Deep Tissue Massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense as the focus is directed on the fascia, or connective tissue. The therapist works to release chronic muscle tension or knots, also known as “adhesions.”

**Therapeutic Massage:** A combination of Swedish and Deep tissue, Therapeutic Massage uses an equal amount of time divided in three parts: relaxation, deep tissue and stretching to help you feel rejuvenated.

**Thai Massage:** Profoundly therapeutic and characteristically dynamic, Thai Massage combines stretches, muscle compression and pressure points to more thoroughly release tension in deep muscle and connective tissue. The result is relaxation and a grounded feeling that leaves you energized.

**Bowenwork:** Through specific soft tissue or fascial release and integration techniques, Bowenwork stimulates specific receptors that enable the body

itself to correct dysfunctions and restore homeostasis (balance) on a holistic level. Relief is experienced by many people who have a wide range of painful conditions, even where other modalities or treatments have resulted in slight to no improvement.

**Myofascial Release:** By weight, 40 percent of a muscle is fascial tissue, interweaving and wrapping muscles and every division of tissue within the muscle. Myofascial Release is a safe and effective hands-on technique during which gentle, sustained pressure is applied to the Myofascial connective tissue restrictions to eliminate pain and restore motion.

**Lomi Lomi:** Said to “feel like many different massage techniques put into one flowing system,” Lomi Lomi has a rhythm and flow that is soothing and feels complete. It involves gentle, yet intentional, massage using the thumbs, knuckles, hands, forearms and elbows. The variety of massage strokes release blocked areas of tension in the body.



## Group Classes and Physical Therapy

Contact Lori Lane for physical therapy at 402.413.3560 and Bob Chase for group exercise classes at 402.413.4017.

**Graston™ Technique:** Graston Technique is an innovative, patented form of therapeutic intervention that reduces scar tissue and fascial restrictions and increases soft tissue

mobility. Using stainless steel instruments, a trained professional will apply pressure to skin surfaces and “catch” dense tissue areas, identifying areas of restriction. These special instruments allow clinicians to treat soft tissue lesions with correct depth, pressure and specificity to reduce pain, as well as trace it back to the source to find and treat the cause.

**Physical Therapy Consults:** Physical therapy is built on the principles of anatomy, physiology, biomechanics and exercise science. A physical therapy consult is a great companion to your regular fitness routine, or if you’re just getting started, it’s a way to ensure your exercise regime is complete and safe for your goals.

**\*Functional Stretching:** This beginner-level class involves stretching for the entire body to facilitate and improve flexibility and balance for everyday activities. It’s a different kind of stretching that uses a resistance method to achieve results.

**\*Tai Chi:** Tai Chi incorporates gentle, fluid movements at a slow, steady tempo to improve balance and coordination.

**\*Yoga for Health:** Supports health and assists the development of members’ personal wellness, classes in ProActive’s Yoga for Health program are gentle in scope and physical requirement. Gentle Yoga classes are especially beneficial to members who have health concerns related to hip and knee replacement, arthritis, fibromyalgia and cardiac conditions. These classes can be done seated in a chair or on the floor and instructors assist with any special needs.



## Nutrition Topics

Contact Katie Taylor, RD, LMNT at 402.413.3559

**Holistic Nutrition:** This is a holistic approach to nutrition and supplements with a focus on foods that support immune function and eliminating foods that contribute to inflammation and chronic conditions.

**Individualized Coaching/Counseling:** Take your health to the next level by working with our registered dietitian and licensed medical nutrition therapist to build a personalized plan for eating success. Regardless of whether you are struggling to lose weight, lower your cholesterol levels, or maintain a balanced diet within medical dietary restrictions, nutrition counseling will provide you with valuable information to help you meet your goals and improve your health.



## Integrative Health

Contact Sharon Duffy at 402.413.3556

**Journaling:** Journaling can capture creativity and offer insights to the author. It provides an avenue where healing can reside and pieces of your life can come together. Classes are held periodically and are usually 3 to 4 sessions. There is a minimal fee for this class.



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**Book Study Series:** Book study and discussion groups meet periodically at ProActive as a way to encourage conversation on topics related to health, wellness, balanced living and mind-body-spirit practices. Books may be chosen by participants or the instructor with classes meeting weekly. A complete list of books in the ProActive library can be obtained from the holistic nurse and wellness instructor.

**\*Meditation Classes:** Meditation Class is regularly offered free to ProActive members and is led by a registered nurse and wellness instructor. Participants explore mindfulness through guided imagery, visualization and relaxation techniques/concepts.

**\*Weigh to Go:** This quick weigh-in is designed to be a speedy, yet helpful, tool to supercharge your weight loss efforts. Private weigh-ins are held regularly to motivate you and keep you accountable to your goals. Using the Weigh to Go Progress Chart is a great way to track your individual changes.

**Arthritis Foundation Self-Help Program:** “Take Control with Knowledge” is a six-week self-help program developed by the Arthritis Foundation and taught at ProActive by our Holistic Nurse and Wellness Instructor. It gives people with arthritis and related conditions the knowledge they need to take control of their health.

**A Healthier Life for Adults with Diabetes:** During a series of four class sessions, participants learn to develop the required skills to manage their diabetes and integrate actions as part of daily life. The class is taught by a registered dietitian and a registered nurse.

**A Healthier Weigh:** Like fresh air, everyone deserves to be exposed to a healthy way of life. Through nutrition and exercise instruction and group support, this 10-week program puts motivation into action. ProActive experts teach you how to lose weight safely and keep it off with lasting results. A Healthier Weigh includes education in exercise, nutrition, endurance, strength/toning, wellness coaching, stress relief and education.

**Wellness Coaching:** Lifestyle changes are a process that take time and require support. Once you’re ready to make a change, it’s important to find ways to follow through. Our holistic nurse integrates nursing theory, knowledge, expertise and intuition to provide coaching and support, whether the goal is to lose weight, get more rest, run a marathon, reduce stress, get organized or find independence from tobacco use.

*\*At no additional charge for ProActive members*