

HEALTH & FITNESS

TRY NORMATEC COMPRESSION AT LGSRC

Improve your recovery time from hard workouts and tennis matches by using NormaTec. NormaTec Compression is a cutting-edge technology that utilizes compressed air to provide targeted massage to the limbs, offering a range of benefits for recovery, performance enhancement, and alleviating discomfort associated with extended periods of standing or sitting.

NormaTec Compression is suitable for athletes and fitness enthusiasts who experience soreness, fatigue, or swelling before or after exercise. The system applies pulsating pressure to specific body parts, such as the legs, hips, or arms, depending on the area requiring treatment. By improving blood and lymphatic circulation, NormaTec Compression reduces inflammation and swelling, facilitating a faster recovery process.

One of the standout advantages of NormaTec Compression is its ability to expedite the recovery process. Many athletes and fitness enthusiasts rely on this technology to recover faster from intense workouts or competitions. By flushing out metabolic waste and toxins from the muscles, NormaTec Compression reduces inflammation and soreness. Additionally, it promotes the delivery of essential nutrients and oxygen to the muscles, aiding in their repair and growth.

NormaTec Compression also serves as a valuable tool both before and after exercise. Prior to a workout, it can be used to activate and prime the muscles. The compression technology warms up the muscles, increases blood flow, improves flexibility, and reduces the risk of injury. After exercise, NormaTec Compression minimizes muscle fatigue and soreness, allowing athletes and fitness enthusiasts to optimize their recovery.

NormaTec Compression is also an excellent solution for individuals who spend prolonged periods on their feet. It addresses common symptoms like swelling, soreness, and fatigue in the legs by improving blood flow and reducing inflammation. Just a few minutes of NormaTec Compression each day can make a significant difference in how legs feel after extended periods of sitting or standing.

The Los Gatos Swim & Racquet Club is thrilled to offer our members access to NormaTec Compression technology. Whether you are seeking accelerated recovery, enhanced performance, or relief from discomfort, NormaTec Compression can provide an array of benefits to help you achieve your goals. Join us and experience the transformative power of NormaTec Compression technology for a healthier and more active lifestyle. For more information or to book an appointment, contact Fitness Director Brian Schweitzerhof at brian@lgsr.com

- Brian Schweitzerhof | MS,
NASM-CPT, CES, PES, CWC, CNC, CSCS, Pn2

