

## Meet Nadine Larouche

Nadine has practiced massage therapy since 1998. She did her initial studies in the United Kingdom, where she treated many different clients with varying conditions.

As well as treating clients here at MMTC, Nadine also enjoys teaching massage part time at a local college.

Individuality is her key treatment approach. No two people present the same; therefore the therapy is focused on the client's needs on a treatment to treatment basis.

She has treated a vast array of clients & conditions including chronic pain, postural dysfunction, sports injuries, conditions like MS, stroke victims, Cancer, arthritis,



headaches, stress, pregnancy, nerve entrapment to name a few.

Her approach is to aid YOU through YOUR healing process in a gentle yet effective manner. Various massage techniques like deep tissue, myofascial release, muscle energy technique & trigger point work complemented with hydrotherapy and/or remedial exercise are used to enable your recovery or goals.

Looking for that perfect gift for someone special?

Why not try a gift certificate !



### Metcalfe Massage Therapy Clinic

Suite #607  
180 Metcalfe Street (at Nepean)  
Ottawa ON K2P 1P5  
(613) 235-2377

Visit us online at [www.metcalfemassage.com](http://www.metcalfemassage.com)



# MMTC

Metcalfe Massage Therapy Clinic

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## The Triathlon Edition

In this edition of the MMTC newsletter Frances has written an article to inform and inspire the person who has been thinking about doing a triathlon.



We are proud to introduce Nadine to you. She is the newest addition to our clinic and will be featured on the back page.

"Did You Know" is back in this edition and will let you know how Registered Massage Therapists keep learning.

As summer gets into swing it's time to get outside and enjoy everything Ottawa has to offer.

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**Editor:** Kathryn Radford

**Contributors:**  
Kathryn Radford  
Frances Russell  
Nadine Larouche



## Thinking of Trying a Triathlon?

If you live in the Ottawa region, you are definitely in the right place. The triathlon community has grown exponentially over the last 5 years. This region has been blessed with wonderful running paths along the Rideau Canal and Ottawa River; cycling in the Gatineau Park and quick access to country roads. There are numerous swim clubs and fresh water lakes in the region that can also help get you ready for your race.

Fitness in North America is definitely a growing concern due to the ever-increasing obesity rate and illnesses resulting from a sedentary life style. The triathlon boom of the 90's followed the running boom of the 80's. It appears that both fitness crazes are here to stay and continue to grow in popularity.

For those new to the sport, triathlons are comprised of three sports, swimming, biking and running, always in that order. You will need to

do some training each week in all three events. Typically, beginners will experiment with the shorter Try-a-tri or Sprint distance races to find out if this is the sport for them. Once you've built up some endurance, the longer races such as the Olympic, Long Course, Half Ironman, and Ironman distance races may be more appealing. Some, however, prefer to improve on their speed and focus solely on Sprint races. It may take years to figure out what works for you.

The Ottawa region has a wealth of coaches and personal trainers that can help you develop a training plan to achieve your goals. Introductory courses are also being offered at some YMCA's and Running Room stores.

There are a number of different race series to choose from. The Sporting Events link on our website [www.metcalfeassage.com](http://www.metcalfeassage.com) lists a few of them. Here are a list of other triathlon

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## Thinking of Trying a Triathlon?

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websites that will help you get start:

[www.trirudy.com](http://www.trirudy.com)

[www.ottawatriathlonclub.com](http://www.ottawatriathlonclub.com)

[www.triathlonottawa.com](http://www.triathlonottawa.com)

[www.beginnertriathlete.com](http://www.beginnertriathlete.com)

Along with starting any new fitness regime comes the risk of injury. The beauty of doing triathlons is the cross-training effect of all three sports, which in theory should reduce the injury risk factor. However, there will always be that temptation to over train as your body becomes stronger. If injuries occur, the therapists at MMTC can help with rehabilitation treatments. Consider incorporating a maintenance sports massage or ART (Active Release Technique) session as an integral and proactive part of your training schedule.

Happy training!  
Frances Russell,  
RMT, ART certified,  
Four time Ironman Finisher

## "Did You Know"

All Registered Massage therapists in Ontario must accumulate "Continuing Education Units" (CEUs) after graduation to maintain their good standing with the College of Massage Therapists of Ontario. This means that all Ontario massage therapists must take additional courses, do profession related reading and/or teach massage therapy subjects at a recognized school of massage therapy.

### Cancellation Policy:

Please keep in mind that your appointment time has been reserved for you. Giving us 24 hours notice will ensure that this time can be offered to another client who also requires care.