



I am currently a 21 year old swimmer for a Division 1 collegiate program. I began swimming at the age of five, and have swum year-round since the age of thirteen. My training often requires swimming over thirty miles a week as well as dry land exercises and weight training. Fortunately, and largely because of the expertise of the massage therapists at Body Destinations, my swimming career has been injury free.

When I was fourteen years old, my coach advised me to get a massage prior to a major competition. This first massage taught me more than I ever imagined. Over the next few visits, I learned not only about the various muscles involved in my swimming, but how many of them were overcompensating for each other because of my rigorous training regime. I learned techniques and exercises to help maintain my health and wellness and have continued to visit Body Destinations a couple of times a year to keep myself in top form.

Training for fifteen years can not only keep you fit, but it can also wear you down. Most of my peers have had to take time off or have had to leave the sport due to injury, but the therapists at Body Destinations have helped to keep me healthy and in top form. The knowledge that the therapists have instilled in me sparked my interest in muscles and the body and has inspired me to enter the field of athletic training and physical therapy.

- Andrew, Massachusetts
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