



Press Release-

Portsmouth, NH now welcomes the first and only Professional Stretching Company! This is not a stretch class; you are actually stretched head to toe by our stretcher. Professional stretching is a new line of business in the Health and Wellness Industry that will benefit anyone noticing a decline in their mobility, a decrease in flexibility, and or joint stiffness. Whether you are a weekend warrior looking for better performance or simply noticing postural changes due to the effects of time, Rezilient is the answer for you.

Rezilient is a professional stretching company providing individual assisted manual stretch sessions for the entire body. Our expertly trained stretch professionals provide one-on-one hands on stretching in a comfortable spa-like environment. The benefits of our stretch are felt immediately. You will feel refreshed with a greater degree of mobility and flexibility. Our stretching techniques are backed by science and created by two highly trained Physical Therapists, Kate Serodio, DPT, OCS and Dan Fleury, DPT, OCS, FAAOMPT. We capitalize on the interconnections of the muscles and combine our stretching techniques with moderate pressure strokes to activate the pleasure centers of the nervous system. This creates an intense stretch that feels good!

Not only does Rezilient's Proprietary stretch feel good but also the literature reveals there are numerous Benefits of being Stretch:

- **Increased Posture and Posture Awareness**
- **Increased Circulation**
- **Prevention of Mobility Loss**
- **Increased Performance**
- **Pain Reduction**
- **Relaxation**

Increased Posture and Posture Awareness

Poor posture over time leads to injuries due to poor alignment of your bones and soft tissues. The abnormal biomechanics cause muscle imbalance and potential impingements. You need to stretch in order to maintain correct alignment, which will ultimately prevent injury and keep you upright and moving with full strides.

Increased Circulation

Stretching improves your blood flow and circulation, which is key to healthy joints and muscles. Increased circulation will also help reduce swelling and edema.

Prevention of Mobility Loss

Collagen, a main constituent of connective tissue, becomes dense and stiffer with aging. Flexibility has been shown to decrease up to 50% in some joint areas with chronological age. However, studies suggest that this loss of motion can be minimized with regular stretching and range of motion exercises.

Increased Performance

Athletes looking for that cutting edge will benefit from our Resilient Intense Stretch, which utilizes a PNF technique shown in the literature to increase performance. Studies have shown an increase in both stride rate and stride length with routine Stretching.

Pain Reduction

Resilient Stretch increases blood flow to your joints and muscles. It opens the fascia and helps pump blood so it can flow more freely through. This helps alleviate pain and helps expedite the healing process.

Relaxation

Our Resilient Stretch is very relaxing and mentally and physically therapeutic. There is no pain with our stretches. Our techniques help improve hydration, improve circulation, elimination of waste, reduce stress, and improve sleep.

Be Stretched. Be Resilient

www.resilientme.com