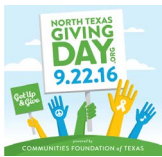


NOTES & NEWS

Each year generous supporters like you join us for the exciting annual North Texas Giving Day. This year it will be on September 22 from 6 a.m. to midnight. Your generous support makes a meaningful difference to fighting childhood obesity. By visiting www.NorthTexasGivingDay.org the online giving website, you can make a difference in a child's life!



Article of The Month

GetRidofThings.com
Posted an article about getting rid of those awful muscle cramps
Stay fit to prevent both exercise cramps and night cramps. A toned muscle that's accustomed to vigorous activity may be less likely to cramp during exercise than a weak muscle—[Click Here](#) to read the whole article.



SAVE THE DATE: 11/13/16

- 8/6 4th Annual Heroes for Hope Race
- 8/14 Hottest Half
- 9/24 Plano Balloon Festival Half Marathon & Relay
- 11/13 Fort Worth Marathon

We want to know what you think!
TAKE OUR SURVEY
[CLICK HERE](#)

Use Promo Code
RUNFWM
For \$15 off
Marathon, Half or 20 Miler.
Expires: AUGUST 30th
[Click here](#)
To Register

Follow Us On!



Quote of the month:

"FIRST YOU FEEL LIKE DYING, THEN YOU FEEL REBORN"
~ASICS



Recipes Made for Runners:

When ripe, potassium-rich papaya cuts like butter. Check out these recipes that use papaya as a main ingredient. [Click Here](#) to download.



Meet the Southwest Sports Massage Team

Steve Looney; owner and sports massage therapist, licensed as LMT. Roland Bourne; sports massage therapist, licensed as, R.N. and L.M.T. Steve Looney has owned Southwest Sports Massage for 22 years. He is located at 5358 W. Vickery Blvd. Fort Worth, TX 76107 since 2006. He practiced Judo for 40 years. Traveling around the world. Living in Japan and learning from the best teachers. Roland Bourne came to work in the office in 2014. He is a retired nurse from DFW and a former body builder. He lived in the Carribean Islands, and has been working with people his entire career. Southwest Sports Massage is the oldest sports massage facility in Fort Worth. They travel with their massage tables to numerous events throughout the year. This year they worked the MS 150, The Big D Marathon, Tyler Marathon and Hopes for Heros. They are the Diamond sponsor for Fort Worth Marathon and Run Like a Cheetah.

Roland was quoted saying, "One of the main goals is to have the athletes perform better." Steve followed that up with saying, "Faster recovery means higher performance."

Call and make an appointment today.

Office hours are 9am-5pm Monday-Friday and 10am-3pm on Saturdays

Office # 817-731-6276

www.swsportsmassage.com



Left to right Roland Bourne & Steve Looney