

ARE YOU SUFFERING FROM:

CREDENTIALS

267 679-8057



**ACHINESS**

**STATE BOARD LICENSED MASSAGE THERAPIST** | Pennsylvania State

**CERTIFIED MASSAGE THERAPIST** | Massage Therapist Institute, NMTI

**CERTIFIED PERSONAL TRAINER** | NASM, NPTI, NCCPT

**CERTIFIED NUTRITION CONSULTANT** | National Personal Training Institute

**CERTIFIED KETTLEBELL ATHLETIC COACH** | KBA Kettlebell Athletics

**CERTIFIED FLEXOLOGIST & ASSISTED STRETCHING COACH** | The Stretching Institute

**CERTIFIED BOXING FITNESS TRAINER** | Boxing Fitness Institute

**CERTIFIED POWER PLATE INSTRUCTOR** | Power Plate of America

**CERTIFIED RESILIENCY & ADAPTABILITY COACH** | The Gray Institute

**CERTIFIED CPR & AED PROGRAM** | American Heart Association



**SORENESS**



**STIFFNESS**



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RON BRACHO

**MASSAGE THERAPY**

*by*

**RON BRACHO**

Banish Body Aches and Muscle Soreness from Your Workouts and Daily Routines with Therapeutic Massage.

fitnessandhealinghands@gmail.com



### MUSCLE BENEFITS

Therapeutic massage techniques involve the manual manipulation of the skin, fascia, and muscles using a variety of strokes. These include cross-fiber friction, acupressure, gliding of deep and soft tissues, kneading, vibration, as well as active and passive stretching. This comprehensive approach facilitates the reduction of muscle soreness, the release of trigger points and muscle knots, and provides relief from body aches.

### CIRCULATION BENEFITS

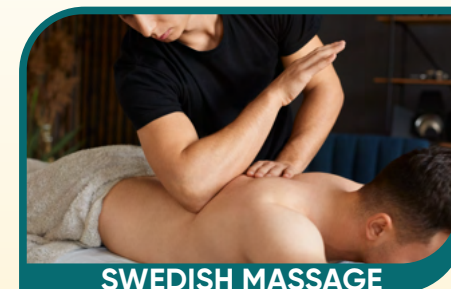
Through techniques such as effleurage, petrissage, and tapotement, massage therapy can improve the flow of the circulatory system and enhance lymphatic function. This improvement in lymphatic drainage can help reduce swelling in joints and muscles. Additionally, massage therapy increases blood supply, leading to increased oxygen uptake in targeted areas and the removal of harmful metabolic waste products that may accumulate in the muscles.

### INJURY PREVENTION BENEFITS

Increasing range of motion and flexibility in the musculoskeletal system has been proven to effectively prevent minor or serious injuries during physical activities. Massage therapy can help prevent strain, tension, and overload that may occur during demanding daily activities and workouts.



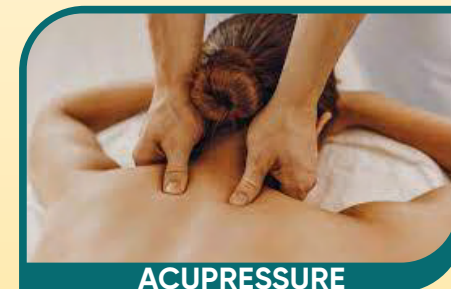
**SPORT MASSAGE**



**SWEDISH MASSAGE**



**DEEP TISSUE MASSAGE**



**ACUPRESSURE**



**FLEXOLOGY**

Massage therapy involves the management, manipulation, and rehabilitation of the soft tissues in the body, including the skin, fascia, and muscles. This manipulation is achieved through the use of various techniques that can have a positive impact on hard tissues, as well as bones, tendons, and ligaments.

**ASSISTED PASSIVE STRETCHING**

**ENHANCE PHYSICAL ACTIVITY:**

Discover the freedom to move and utilize your body without any physical restrictions.

**ACHIEVE OPTIMAL RANGE OF MOTION AND FLEXIBILITY:**

Improve your mobility to approach workouts and daily tasks in a healthier manner while minimizing the risk of injury.

**RELIEVE MUSCLE TENSION:**

Tense thigh muscles can stress out your joints, creating discomfort and pain. Relieve this discomfort by relaxing your muscles.

**IMPROVE POSTURE:**

Proper posture provides better bodily function and boosts energy levels.

**INCREASE RECOVERY TIME:**

Assisted stretching will allow the body to go into a state of healing by improving your circulation and secretion of productive hormones.

**REDUCE STRESS AND FATIGUE:**

Achieving a greater range of motion will positively impact your mental health and overall well-being.

**TECHNIQUES:**

1. PNF (Proprioceptive Neuromuscular Facilitation)
2. AIS (Active Isolated Stretching)
3. Trager Method
4. Static Compression
5. Percussive Therapy

**CERTIFIED PERSONAL TRAINER** | National Academy of Sport Medicine, NASM

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**PERSONAL TRAINING AND FLEXOLOGY**

*by*  
**RON BRACHO**

**FUNCTIONAL TRAINING | HIIT | CROSS TRAINING | BALANCE | FLEXIBILITY AND MOBILITY | POST-REHABILITATION.**

Ron Bracho is an esteemed certified Personal Fitness Trainer and licensed Massage Therapist with over 20 years of experience in motivating countless individuals to implement transformational changes. He leverages his comprehensive knowledge of functional strength training, cardiovascular exercises, flexibility and mobility techniques, athletic performance, and cross-training. Combined with his expertise in nutritional coaching, you are guaranteed to achieve optimal results. Ron's dynamic coaching style enables him to create enjoyable, safe, and effective workouts for individuals of all backgrounds, and his loyal clients follow him wherever he goes. He is deeply passionate about inspiring positive change in the lives of others by developing unique and successful programs tailored to the individual. As a results-oriented CPT, Ron pays great attention to detail, possesses a strong ability to identify and execute goals, and can design workout routines suitable for participants of varying skill and learning levels. By demonstrating unwavering commitment to his clients' goals, Ron builds trust and fosters their success.

Getting in shape is a journey, and staying in shape is an ongoing process that necessitates adaptation. Failure to adapt is the primary reason for long-term failure in many exercise regimens today. Ron will expertly guide you through each step of the journey, ensuring that you effectively manage the process of adaptation.

## BENEFITS OF RON'S EXERCISE PHILOSOPHY INCLUDE:

- ✓ **EDUCATION:**  
Ron emphasizes teaching you the correct way to perform exercises using Corrective Exercise Techniques.
- ✓ **UNDERSTANDING:**  
He takes into account your personal requirements to create plans that align with realistic short-term and long-term goals.
- ✓ **EFFICIENCY:**  
Ron minimizes time wasted and maximizes results by selecting the most effective exercise routines while reducing the risk of injury.
- ✓ **ACCOUNTABILITY:**  
By committing to a motivated schedule and training sessions, Ron helps eliminate the temptation to quit.



**FUNCTIONAL TRAINING**



**ATHLETIC PERFORMANCE**



**BODY BUILDING**



**KETTLEBELL TRAINING**



**HIIT**



**BOXING**



**CROSS TRAINING**



**BALANCE AND COORDINATION**



**FLEXIBILITY AND MOBILITY**



**NUTRITION CONSULTING**



**POST-REHABILITATION**



The *A*bington Club

300 Meetinghouse Rd.  
Jenkintown PA 19046

**RON BRACHO**

Personal Fitness Trainer  
Licensed Massage Therapist

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[fitnessandhealinghands@gmail.com](mailto:fitnessandhealinghands@gmail.com)

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Relieve body aches and muscle soreness from  
your workouts and daily routines with  
Therapeutic Massage

Ron practices the healing art of Swedish  
Massage, Sport Massage, Deep Tissue Massage,  
and Reflexology

For an appointment, please call or text

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Gift certificates available