

Before or After Exercise: When Should I MELT?



It really depends on your intention!

If you want to alleviate joint compression after a run or intense cardio session, MELT after!



But you can always sneak in a quick Foot Treatment before to improve shock absorption! Especially, if you're pounding the pavement!

"I have tried to become a runner at many points in my life, but pain in my knees always stopped me a few weeks into it. Danielle showed me a few techniques that have literally changed my life! I've been running for a few months now and the pain has never returned!"

-Lorelei W.

MELTing before weight training can improve muscle recruitment for better gains...



...or prevent compression to your neck that can come along with pushups, planks and downward dogs!

"After my first MELT class, I increased the amount of weight that I can deadlift by 55 lbs in 2 weeks! That's a huge jump! My hands feel so much different after the hand treatment, I love it! And now 4 weeks later, I can bench press 225 pounds 4 times, when previously I'd been at a mental block of lifting 185lbs 3 times for weeks. That day I lifted 185 pounds 11 times, then proceeded to lift 225 pounds 4 more times! Wow!!"

-K.S.



MELTing before sports like tennis, golf or soccer can improve the accuracy of your shots!

“Adding a few MELT techniques allowed me to shave a few strokes off of my golf game! I’ve experimented with it and every time I skip it before I play, I kick myself! Now it’s my secret weapon!

-Ken S.

MELT can help to open up the breath and protect the rotator cuff of swimmers!



No matter where you add MELT, 10 minutes a day can be a valuable addition to your overall health program—and help you:

- Improve Endurance
- Prevent Injury
- Aid Recovery
- Improve the results of exercise