

## *What is MAT?*

- A dynamic approach to addressing muscular imbalances, that can reduce or eliminate pain and fatigue, and speed muscle recovery.
- A non-invasive method for improving everyday activities for all age groups and body types.
  - Allows the body the ability to achieve optimal levels of function, without further discomfort or injury by increasing the body's range of motion, restoring muscular alignment, and eliminating compensation patterns.
  - A checks-and-balances system designed to identify and address the causes of discomfort and Range of Motion limitations.

Sheena Denscombe  
Health Matters Fitness, Inc.  
(403) 620-9663

## *Redefining Health & Fitness*

Sheena Denscombe,  
Certified MAT Specialist  
Health Matters Fitness, Inc.  
(403) 620-9663  
[www.healthmattersfitness.com](http://www.healthmattersfitness.com)



Muscle Activation Techniques™  
developed by:

**Greg Roskopf**

Biomechanics consultant for the  
Denver Broncos

**Certified MAT Specialist:**

**Sheena Denscombe**  
**(403) 620-9663**

Don't worry if you've never worked out before, we can get you started!

With Health Matters Fitness personal training, your training IS personal. Your pre-planned workouts ensure your time is efficiently utilized, exercises are completed at the right intensity - safely and consistently, you are kept motivated and your progress is monitored. M.A.T. geared training where we "turn on" your muscles using range of motion as our guide. We provide an initial consultation at which time we design a program based on your strength, flexibility, balance, age and equipment options that is customized for your chosen time commitment.

What can you do to help improve your health and lifestyle?.



I always used the excuse:

***"I can't run because my knees are bad".  
Doesn't that sound familiar?***

Now, over 10 years later... I'm healthier, happier and I firmly believe...

~ the difference between try and triumph is a little "umph" ~

## What is MAT?

Muscle Activation Techniques™ (MAT) can eliminate the muscle and joint pain that so many of us experience doing the activities we enjoy. Combining a unique biomechanical approach and range of motion analysis, MAT restores your body's alignment, movement and performance levels. Developed by Greg Roskopf, Biomechanics Consultant for the Denver Broncos.

MAT addresses muscle weakness at its root: inhibited muscles that may cause your body to compensate and become misaligned, resulting in pain or injury. Continuing an exercise program with inhibited muscles can compound your body's compensation patterns, thus exacerbating the problem.

By re-activating muscles to function properly, MAT restores body alignment. Associated discomfort and motion limitations can be eliminated, so you are ready to enjoy the exercise and activities you used to do. MAT focuses on the causes of your instability, not the symptoms.

Whether you are an athlete, baby boomer or senior, MAT restores your movement and performance levels. Let MAT get you back in the game the way you were meant to be — at your peak performance.

## How Can MAT Help You?

**Do you want to do the things you used to do?** MAT's unique approach can quickly restore functional movement, so you can enjoy your activities.

**Want to perform to your maximum potential?** If you want more range of motion to improve your swing or simply enjoy daily activities, MAT can either enhance your current physical therapy methods or be used as a stand-alone program. Don't accept the "no pain, no gain" myth. MAT will help you eliminate the limitations associated with aging by addressing the degeneration process. With MAT, everyday people are treated like million-dollar athletes.

**How is MAT different from other methods and rehabilitation techniques?** MAT's unique approach addresses the cause of your discomfort, not just the symptoms. Results are typically quick and long lasting. MAT restores body alignment and activates inhibited muscles that may be the cause of your discomfort.

**Sheena Denscombe  
Certified MAT Specialist  
Health Matters Fitness, Inc.  
(403) 620-9663  
[www.healthmattersfitness.com](http://www.healthmattersfitness.com)**