

# THE ATHLETE'S RECOVERY COMPANION *2026*



Feel stronger, move freely, recover faster – discover the transformative power of remedial sports massage.

*By Katfit Holistic Wellness*

[WWW.KATFIT.CO.ZA](http://WWW.KATFIT.CO.ZA)





## Note from Katiana

Founder of Kat Fit Holistic Wellness and remedial sports massage. Former lecture at Balancing Touch and over 14 years Personal training and body transformation experience.



**"If you are reading this, it means you are working towards something BIG. Big goals require discipline, resilience and deep respect for your body. If you are going to train like a professional athlete, then you need to recover like one too and that's where we have your back. However, I only have you for 4% of your day once a week, the rest of the time it's up to you to maintain the momentum.**

**I am honoured to be part of your journey. This guide is a value-add beyond your massage sessions- something you can return to when training feels heavy, recovery feels slow or doubt creeps in. Now let's shift gears into SPORTS mode and achieve what you have set out to achieve this year!!"**



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# Best Recovery Methods

Simple and effective.



## Prioritise

**Sleep:** 7 to 9 hours. During this time growth hormone, tissue repair and nervous system reset happens.

**Hydration:** Dehydration slows recovery, increases muscle cramps and increases risk of injury. Adding electrolytes to your water is a great idea or alternatively adding a small amount of Himalayan salt will give your body the minerals it needs to hydrate fully. It's not water that hydrates us; it's the minerals within that does.

**Active recovery:** Between the intensity there needs to be active recovery like walking, mobility work, stretching or swimming. If you would like to find out more about our mobile mobility classes pop me a message and we can schedule a trial session with our highly skilled coach Gemma.

**Breathwork:** Slow nasal breathing to downshift the nervous system will result in a much greater physical and mental output. Click on the image or text below to access our breathwork video and follow along.



[Click here for your](#)

## Breathwork Video

Activate the parasympathetic nervous system, and learn to control your emotional state through the power of the breath.



# Best Nutrition for Performance & Recovery

Food is information to your body



## Focus on

Good quality protein for muscle repair and tissue integrity.

Good quality Carbs for fuel training and replenish glycogen.

Healthy fats for hormonal health and inflammation control.

“

*Micronutrients like magnesium, iron, sodium and potassium is important especially if you are lover of endurance training.*



# Massage

And how it can help you unlock the next level  
of personal excellence

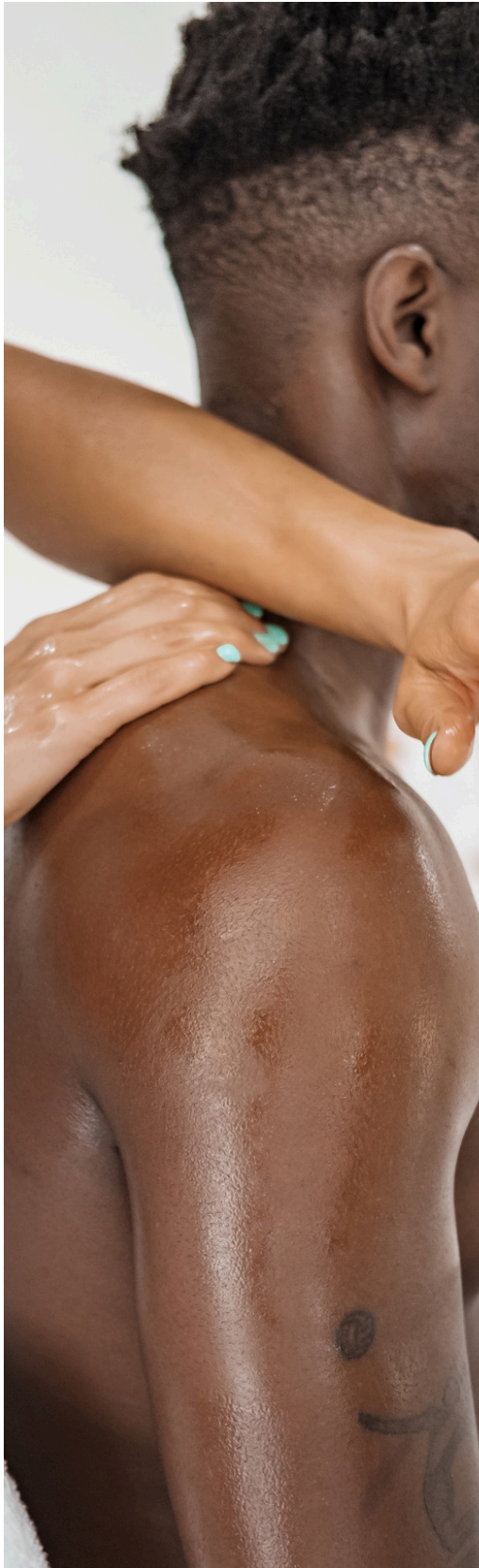
## *How to prepare for your treatments:*

- To ensure that you get the most out of your session please arrive well hydrated. **Hydrated tissue = Better glide, deeper release and faster recovery.**
- If we are focusing on **optimal performance**, I recommend training before your massage, not after. You will notice that the nervous system down-regulates after a massage and so it's ideal to give yourself that down time. The next day, you can definitely go for it. If the **goal is rehabilitation** you may need to give yourself a few days off from training. We will discuss this in more depth in our session.
- **Avoid heavy meals** 1 to 2 hours prior to your session.
- **Arrive with intention.** Keep a mental note of where you are feeling restricted or sore. Are there any upcoming races you are working towards, are you experiencing any training blocks and what has been your most recent personal win. This ensures that your sessions remain strategic and not generic.
- Wear comfortable clothing that is easy to remove. Minimal rushing= calmer nervous system = better results. You can also bring long a pair of loose shorts.



# After-Care Homework

*What you do after your treatment is as important as what you do before.*



- **Hydrate again.** Drink more water than usual for the next 24 to 48 hours. This supports tissue recovery and reduces post treatment soreness.
- **Gentle movement is key.** It is not uncommon to wake up the next morning feeling like you have been hit by a bus. Light walking, cycling, swimming or mobility work is recommended the next morning. The tenderness will subside within 12 to 24 hours post massage. Respect the recovery window.
- **Simple homework that is non-negotiable is targeted mobility and stretching.** This needs to become a lifestyle, and postural awareness while working, driving and sitting on the couch is essential. STOP the "Bed Office" immediately.
- **Sleep is your secret weapon.**
- **Heat vs. ice.** Heat is fantastic for stiffness, stress, and chronic tightness. Ice is recommended for acute inflammation or flare-ups. Should you ice bath and when? YES! If you able to alternate between an ice bath and hot shower/sauna it would be great for recovery. Start with 30 seconds ice, 1 minute heat, and increase from there. 3 Sets is enough to start with.



# Power mindset for high performers

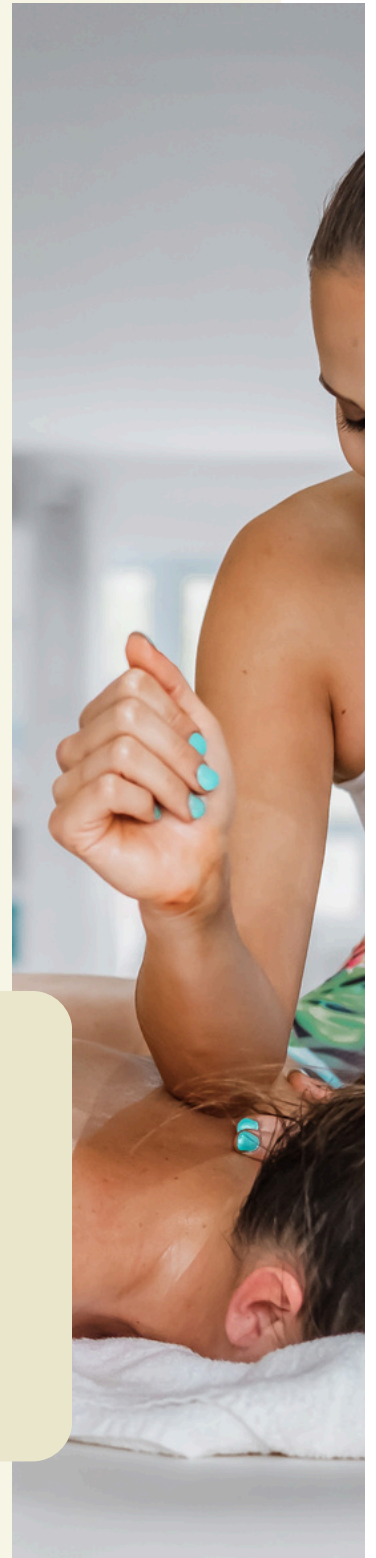
## Know your Why

- **Remember that progress is rarely linear.**

There will be plateau phases, heavy legs, doubt and mental fatigue. This does not mean you are failing – it means that you are adapting. When that self-sabotaging voice pops up with all the reasons in the world why you won't reach your personal best, respond to it with TRUTH and that's when you lean onto your *why*. Self-sabotage often appears right before growth.

- **Your body is not the enemy.** Pain is information, fatigue is communication. Respect your recovery as much as your training.

I am proud to walk this journey with you step by step, race by race, and goal by goal. Massage doesn't fix you – it creates opportunity. What you do before and after a session determines how powerful that opportunity becomes.



# Power Partnership



As you know, my focus is on optimizing your physical performance and recovery. But I've always believed that true high-performance is a full-contact sport—it requires a sharp mind and a resilient spirit. That's why I'm excited to introduce you to my partner.

Charles is a former professional mixed martial artist and an undefeated boxer who now works with CEOs and top entrepreneurs as a Strategic Thinking Sparring Partner. He helps them sharpen their mental edge, improve decision-making under pressure, and build the emotional resilience required for elite leadership.

He's created a short, high-impact video to introduce himself and his two exclusive services: high-level **Performance Mindset Coaching** and **Private Boxing Training**.



If you're looking for that next gear in your performance, I highly recommend you connect with him.

Simply reply to this email with the word and he'll reach out to schedule a brief, confidential conversation or contact him directly

**Charles Weyer 082 517 5855 | [info@charlesweyer.co.za](mailto:info@charlesweyer.co.za)**



# Mobility & Flexibility Sessions



**1. Shoulder mobility** – 20 minutes: Boost your shoulder flexibility and range of motion — watch this [guided 20-minute session](#) to move with greater freedom and strength.

**2. Back care and posture** – 25 minutes: Improve posture and release tension in your upper and lower back — follow along with this [25-minute video](#) for a healthier, more flexible spine.

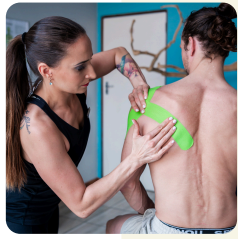
**3. Lower body flexibility** – 20 minutes: Unlock tightness in your hips, hamstrings, and legs — check out this [20-minute routine](#) to enhance overall mobility and ease of movement.

**4. Hip mobility** – 15 minutes: Target the largest joint in your body to relieve tension and prevent injury — try this [15-minute session](#) for better recovery and freedom of motion.

## important tip

*Consistency is key — dedicating just 15–25 minutes a few times a week to these mobility drills helps maintain flexibility, prevents stiffness, and supports long-term movement freedom.*

# Treatment Price List



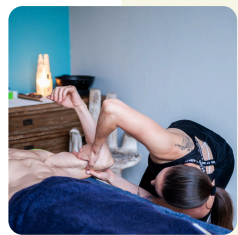
## **REMEDIAL SPORTS MASSAGE** **R900 – 60 MIN**

A targeted, specialised massage that releases deep tension, lengthens muscle fibres, and corrects postural imbalances caused by injury, stress, or repetitive movement.



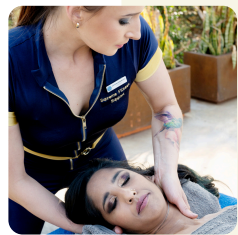
## **ADVANCED REFLEXOLOGY** **R900 – 60 MIN**

A specialised, drug-free therapy that stimulates the nervous system to restore balance, support detoxification, and optimise whole-body function.



## **SIGNATURE 90-MIN SPORTS ENHANCEMENT MASSAGE** **R1,350 – 90 MIN**

A powerful combination of remedial sports massage and guided mobility work designed to prevent injury, correct imbalances, and elevate athletic performance.



## **CORPORATE BALINESE SCALP MASSAGE** **ENQUIRE FOR PRICES**

A focused, deeply relaxing treatment targeting the shoulders, neck, and scalp — ideal for stress relief on busy days.



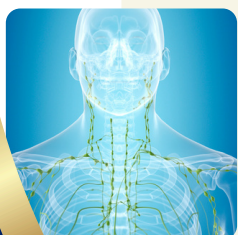
## **LOMI-LOMI MASSAGE** **R1,350 – 90 MIN**

A flowing, medium-to-firm traditional Hawaiian massage that promotes deep relaxation, nervous system balance, and emotional reset.



## **PREGNANCY MASSAGE** **R900 – 60 MIN**

A gentle, nurturing massage from the second trimester onward, supporting relaxation, circulation, and relief from fatigue and fluid retention.



## **MANUAL LYMPHATIC DRAINAGE MASSAGE (FULL-BODY DETOX)** **R1,350 – 90 MIN | R1,800 – 2 HOURS**

A light, rhythmic technique that stimulates lymph flow, reduces fluid retention, and supports detoxification and overall circulation.



## Get in touch



Please note that we do need at least 24 hours notice of cancelation to avoid forfeit the session. This gives us enough time to offer the appointment to someone on the waiting list.

Thank you for your understanding.



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**Your Space for Wellness**

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[Drive here](#)