



Sunday News – September 19, 2021 – Happy Sunday! With Autumn officially just days away, and the leaves changing colors today’s #DadJoke has to do with trees! What is a maple’s favorite class in school? The answer is contained in the post below, along with research and news articles we are highlighting this week. Happy reading!

We will start this week off with a YouTube Podcast Highlight from the Sports Therapy Association from the United Kingdom. With a PhD in Nutrition and particular interest in the psychology of change, Dr. Mendoza trained under the founders of Motivational Interviewing (MI) Professors Stephen Rollnick & William Miller, and has since completed advanced MI training, introduction to counselling and a level 5 diploma in cognitive Behavioural Therapy. In this podcast Dr. Medoza shares his expertise to show how and why Motivational Interviewing can play a vital part of improving client communication and helping clients make the lifestyle changes they need to achieve their health and fitness goals. You can check it out by visiting <https://www.youtube.com/watch?v=iAMMn7cVtk>

Next up is a review of some finger and forearm techniques – this article by Erik Dalton covers a number of different techniques that help deliver “deeper touch with less effort and better body mechanics” – take a look here - <https://erikdalton.com/blog/stop-slipping-and-sliding/>

Business Tips – These Exercises will help you integrate your business mind and healing heart – worth a read – find it here <https://www.massagemag.com/these-exercises-will-help-you-integrate-your-business-mind-and-healing-heart-130663/>

With all of the occupational stress that is becoming so prevalent, here is a great research article on Physical Relaxation for Occupational Stress which you will want to check out! Turns out Yoga and massage do help - <https://pubmed.ncbi.nlm.nih.gov/34235817/>

Here is another Business Tip type article, which talks about Uniforms or no Uniforms. Check it out here - <https://deniseguldin.com/f/uniforms-or-no-uniforms>

Finally – here is our FOUI article of the week – for those of you who are crafty here is a hack on how to get rid of those bugs in your pine cones - <https://www.msn.com/en-ca/weather/topstories/a-fall-craft-hack-to-make-a-bug-free-pine-cone-wreath/ar-AAOAmkq?li=AAggxAX&ocid=mailsignout>

Members – did you know that your membership includes Member Perks? While we will be announcing a limited time offer Membership Perk later this week - here is our membership perk highlight for this Sunday. CMMOTA members have access to some great discounts for Goodlife Fitness. With Self Care being so incredibly important, this is a great benefit to take advantage of! To find out more about this and other member perks, contact [info@cmmota.com](mailto:info@cmmota.com).

Not yet a member of CMMOTA?? – there is no better time to start the process of joining our 1900 + members than right now - here is the link to our application page - <https://app.cmmota.com/apply>

Do you have a podcast/blog/article/YouTube source that you would be interested in potentially having us share? If so, please send a link to [jeremy@cmmota.com](mailto:jeremy@cmmota.com).

#DadJoke answer – Geometree! 🌳

Strong Hands, Strong Hearts, Strong Minds!  
The CMMOTA Team