

Kristine Haemel

REGISTERED MASSAGE THERAPIST

- CrossFiting for 3 years
- Practicing since 2012
- Trillium College Graduate
- Active hiker and snowboarder
- Plays soccer and badminton



My name is Kristine Haemel and I have been practicing massage therapy for three and a half years. I chose to become a massage therapist because I like helping people, the body fascinates me, and I can always learn and educate others through my career.

I am currently involved in CrossFit, play soccer and badminton, and enjoy hiking and snowboarding; overall, I have an active lifestyle.

My vision is to educate, treat and prevent injuries from occurring. The most important equipment in training for an athlete is their body. As you know we train hard, rest very little, and rarely do maintenance on our bodies. Seeing a massage therapist regularly will help you achieve and maintain a strong healthy body. Most people wait until they feel something is wrong before they seek a therapist, but if you are already limping or in pain, the recovery process may take longer and prove more difficult. Being injured is not only a physical challenge, but a mental challenge for us athletes. If you see a therapist before your injury gets worse, you can limit the amount of time you have to take off from training. Make it easier on yourself by maintaining your healthy body.



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