

# WHAT IS THIS BEMER THING?



## HOW TO BOOST BLOOD FLOW WITHOUT BREAKING A SWEAT

Feel better. Recover faster. Energize your body—with zero cardio required.

You want to feel more energized. You want your mind to be clear, your body to recover quickly, and your days to feel just a little easier. But if the idea of doing intense cardio or pushing through sweaty workouts doesn't excite you, you're not alone. The good news? There's a simpler way to feel better in your body—and it all starts with circulation.

### Why Blood Flow Matters More Than You Think

Sluggish blood flow can leave you feeling cold, stiff, tired, or mentally foggy. It slows down your body's natural ability to deliver oxygen and nutrients to your muscles, organs, and brain. It can even hold you back from healing properly after workouts or injuries.

What's frustrating is that many people don't realize poor circulation is the root cause of these everyday struggles. But once you improve it, everything starts working better.

### A Smarter Way to Stimulate Circulation

You don't need to train like an athlete to improve blood flow. At the Renewal Center inside Universal Athletic Club, we offer Bemer therapy, a noninvasive, clinically proven treatment that stimulates microcirculation—the site of 74% of your blood flow.

### In just 8 minutes, Bemer therapy supports your body's ability to:

- Deliver nutrients and oxygen more efficiently
- Remove waste products and toxins
- Improve muscle recovery and tissue repair
- Boost energy, focus, and resilience

All while you relax - fully clothed on a comfortable mat.

### Simple Daily Steps for Better Circulation

Want to take control of your circulation starting today? Here's a quick plan to get your blood moving:

#### Breathe deeply for 3–5 minutes.

Deep, slow breaths send more oxygen into your bloodstream and help relax blood vessels.

#### Stay hydrated and stretch.

Water keeps your blood flowing smoothly, while gentle stretching activates blood flow to tight or stagnant areas.

#### Schedule a Bemer session.

Adding this to your daily or weekly wellness routine can make a powerful difference over time. None of these require a gym session or breaking a sweat—just a few minutes and the willingness to take small, consistent steps.

### The Power of Consistency

When your blood flows well, you feel it everywhere:

- Sharper focus
- Faster recovery
- More energy
- Less stiffness and fatigue

But ignore circulation, and the opposite stacks up: brain fog, slow healing, cold hands, fatigue—and a frustrating sense that your body isn't keeping up, no matter what you try.

### Ready to Feel Better?

Start with something simple today. Sip an extra glass of water. Set a timer to lie down with your feet elevated. Or come in and book your first Bemer session at the Renewal Center.

Because when blood flows freely, your whole life feels better—and it doesn't have to be hard to get there.

# BEMER®

Located inside Universal Athletic Club  
717-569-4754

Click here to schedule your  
complimentary demo session

**THE  
RENEWAL  
CENTER** AT UNIVERSAL  
ATHLETIC CLUB  
NATURAL ANTI-AGING & RECOVERY