

FASSHAA GUIDES

ACTIVE AGEING

A different approach to supporting your movement and confidence, so you can keep doing the things you love.



FASSHAA®

Living well begins here

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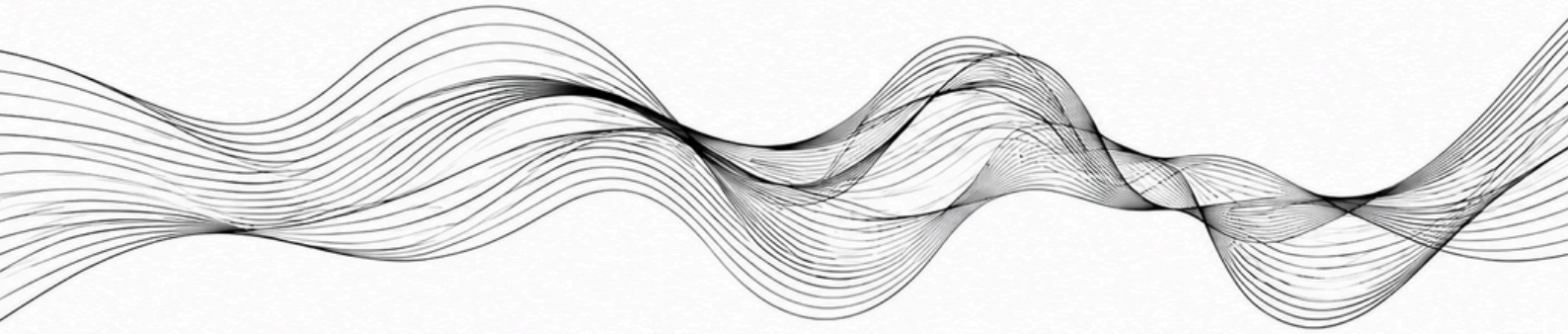
There's still **plenty** you want to do

Perhaps you're someone who loves keeping active. You enjoy walking, travelling, gardening, playing sport or spending time with the grandchildren, and you want to continue enjoying everything your lifestyle as it is.

Whatever your age or current level of activity, being able to move comfortably and confidently makes a difference to how you go about your day, what you choose to do and how much you enjoy doing it.

Or perhaps there are things you'd like to be a little easier. Getting out of bed in the morning without feeling quite so stiff, bending down to pick something up, getting onto the floor and back up again, or hanging the washing on the line without your shoulders complaining.

We hear plenty about the importance of staying active, maintaining muscle strength and working on our balance, and for good reason. But there's another part of the movement picture that doesn't get nearly as much attention, despite being involved in just about everything we do.



***So what else could be contributing to those changes in how your body moves,
and is there another way to support your mobility?***

(it's your fascia)

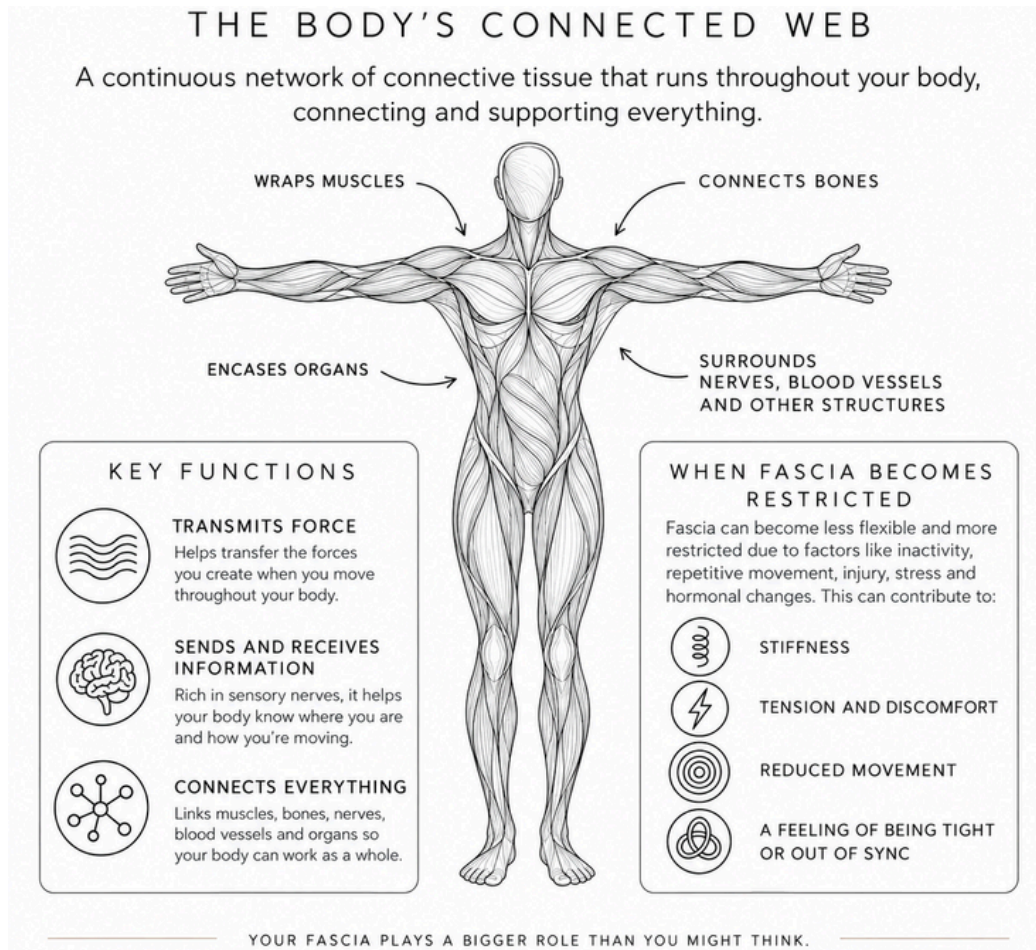
It's a connective tissue system found throughout your body, and it plays an important role in how your body moves and functions.

Understanding a little more about fascia, and how you can give it some attention, might introduce you to a different way of looking after your movement and mobility

There's **more to movement** than muscles and joints.

When we think about improving or maintaining our movement, we tend to focus on things like muscle strength, joint flexibility and balance. And while they're all important, they're not working independently of one another.

Every time you bend, reach, walk, turn or get up from a chair, different parts of your body are working together to make that movement happen.



Your fascia is part of that process.

It's a continuous network of connective tissue that surrounds and connects structures throughout your body. It helps tissues move in relation to one another, contributes to how forces are transferred during movement and provides sensory information that helps your body coordinate what it's doing.

Like other tissues, fascia changes over time and responds to movement, activity and physical demands. So while keeping your muscles strong, your joints mobile and your balance in good shape is important, it also makes sense to understand the connective tissue system that works alongside them.

*And that's where things get interesting,
because Fasshaa takes a rather **different approach**
to giving your fascia some attention.*

A different way to support your mobility

Maintaining your strength, balance and mobility is an important part of staying active and doing the things you enjoy.

Stretching, strengthening exercises and regular movement can all play a valuable role, but there's another part of the picture that's often overlooked: your body's fascia system.

And this is where Fasshaa takes a different approach.

Rather than working directly on areas that feel stiff or restricted, Fasshaa uses your hands and feet as accessible points to engage with your body's wider fascia system.

It's a simple, practical way to explore fascia-focused care alongside the activities you're already doing to maintain your movement, flexibility and independence.

Inspired by the principles of tensegrity, Fasshaa is designed around the interconnected nature of your body's fascia system, offering another way to approach mobility and recovery without concentrating solely on the areas that feel restricted.

Why the hands and feet?

The Fascia Connection:

Fascia forms a continuous network throughout your body.

It surrounds and connects everything — muscles, bones, organs and tissues.

The fascia in and around the hands and feet is part of this continuous network, connecting with structures throughout the body.

Everything is connected.

Releasing tension in the webbing of your hands and feet can help reduce compensatory tension throughout your entire body.

Move one part, and the whole body responds.

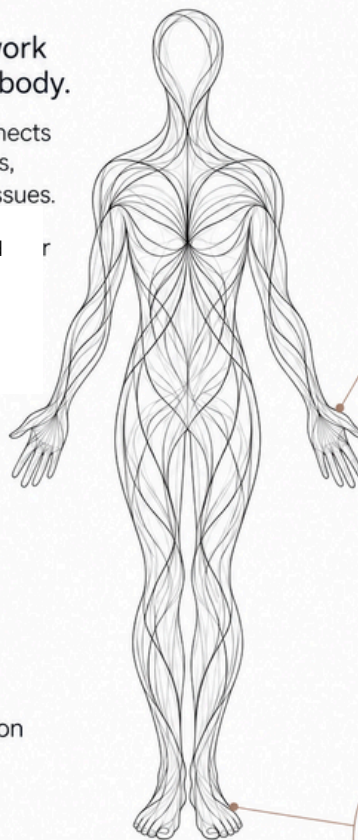
HANDS

The webbing between your fingers connects into the fascia of the arm, shoulder, chest and beyond.



FEET

The webbing between your toes connects into the fascia of the leg, hips, pelvis and throughout the body.



Conceptual illustration only. The lines represent the continuous, interconnected nature of fascia throughout the body and are not intended to depict specific anatomical fascial pathways.

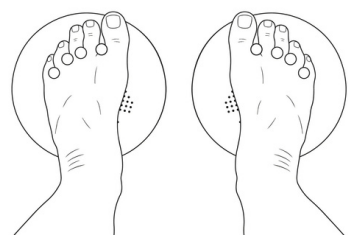
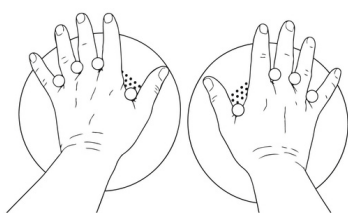
HOW IT WORKS:

Simply place the pegs between your fingers or toes, applying firm forward pressure and keep them there for 3–5 minutes.

Although you're only applying pressure between your fingers or toes, you may notice a difference somewhere else in your body.

Something may feel looser, a movement may feel easier, or an area that felt tight before may feel different.

Everyone responds differently, so simply notice what changes for you.



Do a movement or stretch before you use Fasshaa.
Then do it again afterwards. ***What do you notice?***

A little bit about me, and why I created Fasshaa.

I'm Cristie, and I've worked in health and wellbeing for nearly 20 years. I've always been interested in how our bodies work, but as I've got older, that interest has become much more personal.

Why do we get more aches and pains, and get stiffer?

Why does recovery take longer?

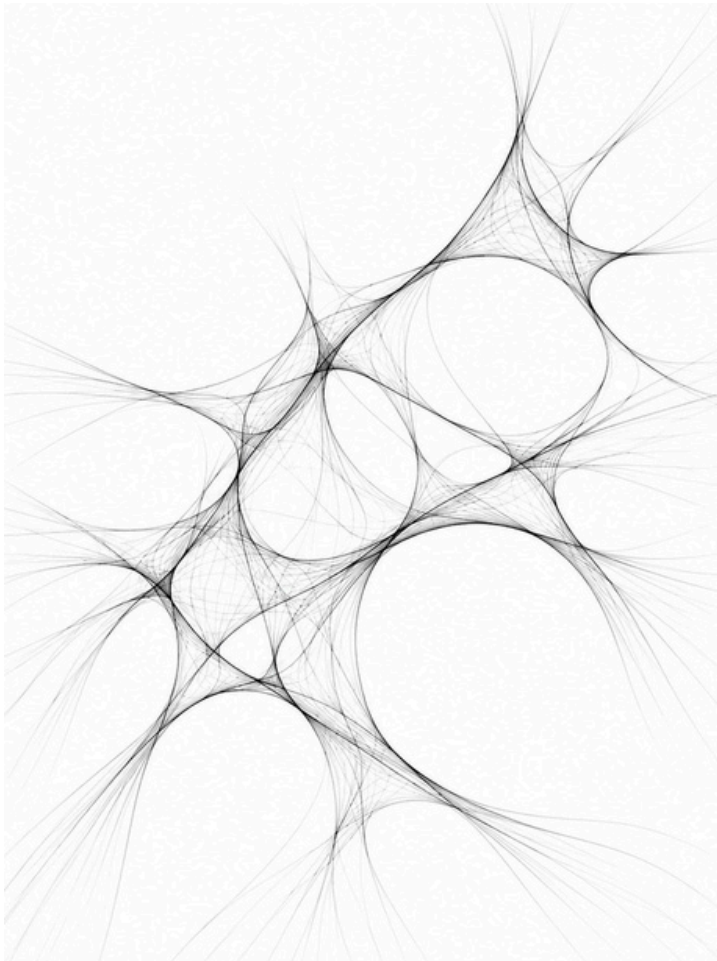
Why do old injuries seem to make themselves known again?

Why can two people of exactly the same age feel so different in their bodies?

We tend to explain a lot of this with one word: *ageing*.

But while ageing describes when these changes are happening, it doesn't necessarily explain what is contributing to them.

One part of that process I became particularly interested in was **fascia**.



Fascia runs throughout our entire body, influences how we move and feel, *yet most of us know almost nothing about it.*

The more I understood about fascia, the more I wanted to create something simple and practical that anyone could use to help support it.

That idea became Fasshaa.

Cristie Shuttleworth.
Inventor and Co-founder
Fasshaa® | The Fascia Release Tool

Keep doing what you love. And make more of **what you want to do possible.**

Think about the things you enjoy doing now, along with anything you've been putting off, avoiding or perhaps quietly wishing you could do a little more easily.

It might be something adventurous, something you've always wanted to try, or something as ordinary as getting down on the floor without having to plan how you're going to get back up again.

Whatever comes to mind, it's worth giving some thought to what might help you get there. Maybe that means building a little more strength, working on your balance, moving more regularly or finding different ways to look after your body.

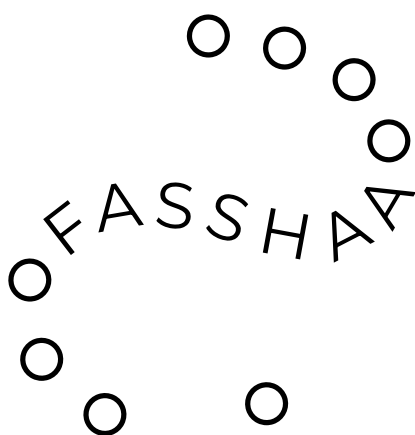
And perhaps it also means being open to something you haven't considered before, like giving your fascia some attention.

Fasshaa offers a simple, seated way to do that, using your hands and feet as points of contact with your body's wider fascia system. It's designed to complement the other things you do to maintain your movement and mobility, rather than replace them.

After all, you've probably got a pretty good idea of what you'd like to be doing more of, less of, or simply keep enjoying.

And that's a good reason to keep looking after how you move.

FASSHAA® | The Fascia Release Tool



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