

FASSHAA GUIDES

MIDLIFE

A different way to support your body.

What fascia is, why it matters, and how supporting it may help with some of the changes we experience in midlife - from how we move to how we feel.



FASSHAA®

Living well begins here

Why is your body feeling... **different?**

By midlife, your body has already lived through decades of movement, work, exercise, injuries, stress, sitting, standing, perhaps pregnancy, health challenges... and everyday life. Your body has adapted to all of it.

Hormones shift.

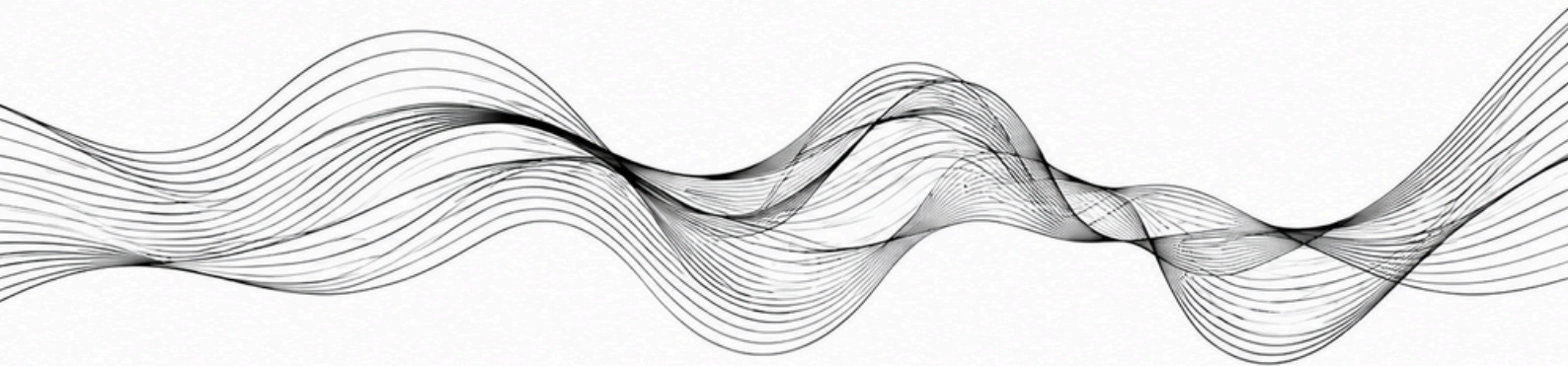
Muscle mass and strength can change.

Recovery may take longer.

Old injuries often flare up.

Things that once felt easy may now require a bit more consideration before you do them.

Then there are the changes that come with midlife itself.



For women, the changes that happen through peri- and post-menopause can leave you feeling like you're not yourself anymore.

Your body, moods, reactions, energy, tolerance, even what you want from life - can all feel different.

For men, it can be the aches, pains and injuries that start appearing in a body that once felt pretty much bulletproof.

And when you begin to doubt what your body can do, that doubt can start to affect how you see yourself too.

*We tend to bundle all of this together and call it ageing.
**But what if some of what we accept as getting older is
actually something we can influence?***

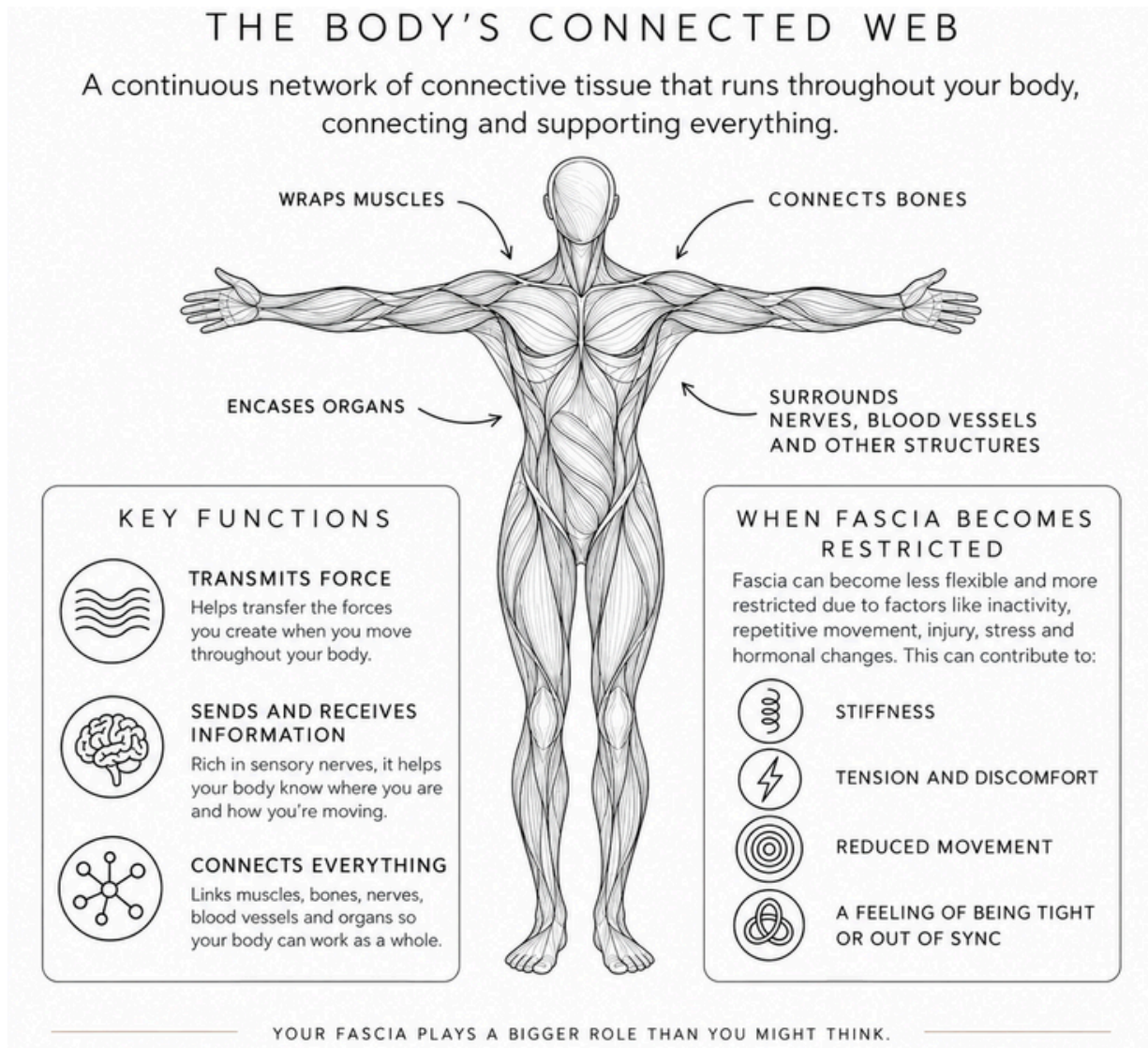
(it's our fascia)

What exactly is fascia?

If you've ever seen or prepared a raw chicken breast and noticed the thin, slightly slippery, white-ish, almost transparent tissue around it, that's fascia.

The same thing exists throughout our own bodies.

Fascia is connective tissue that surrounds and connects our muscles, bones, nerves, blood vessels and organs.



This is why it matters:

Your body doesn't move as a collection of separate parts.

Fascia is part of the connective network running from the top of your head to the tips of your fingers and all the way down to your toes, helping your body move as a whole.

Over time, fascia can become less flexible and more restricted, contributing to stiffness and reduced movement.

So some of the stiffness and reduced movement we put down to ageing may also be connected to changes in our fascia.

*This whole-body connection
is what led to how Fasshaa works.*

Why the hands and feet?

The spaces between your fingers and toes might seem like an unusual place to focus.

But the webbing is more than skin. It contains connective tissue, small muscles and a rich supply of sensory nerves.

Plus, the webbing is at the end points of our arms and legs.

When you consider how fascia connects from our hands and feet through the rest of the body, targeting it makes sense.

This is what Fasshaa is designed to do, by applying firm, even pressure to the webbing between all your fingers or toes at once.

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.

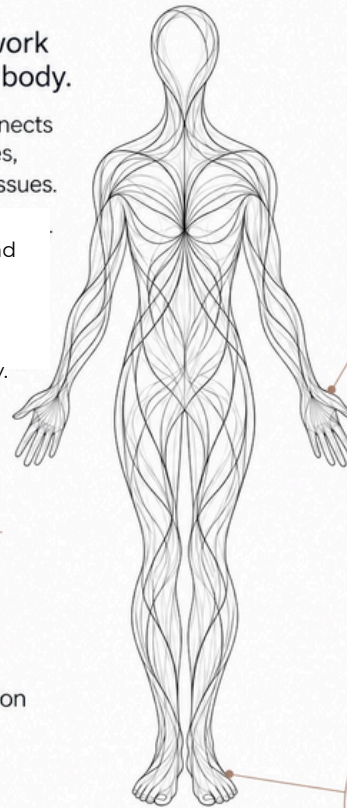
HANDS

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.

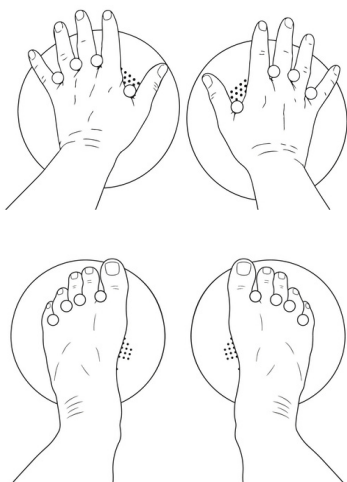
HOW IT WORKS:

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 and gone through menopause myself, that interest has become much more personal.

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

Why can recovery take longer?

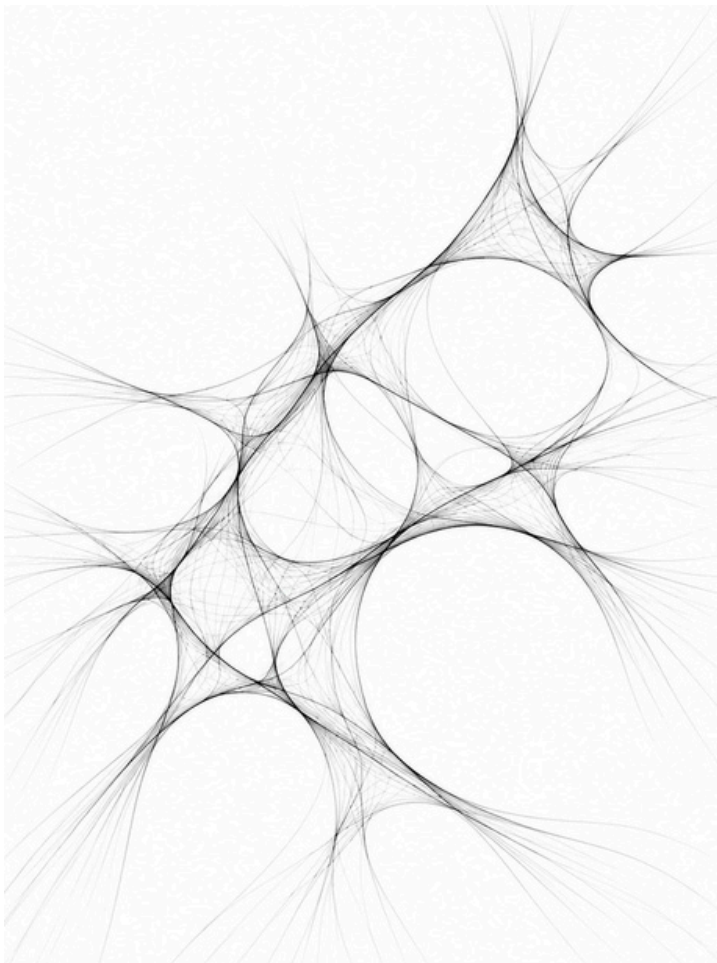
Why do old injuries seem to make themselves known again?

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 picture 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

Fasshaa is a simple way to support how your body moves and feels.

Some people notice an immediate difference in how freely or comfortably they move. It might be easier walking, more movement through the hips or shoulders, less achey in their hands or feet, or simply feeling less tight.

We've also had people tell us they feel more relaxed, sleep better or notice changes in things such as headaches or bloating. These are individual experiences rather than outcomes everyone should expect.

What matters is noticing your own response.

Our fascia changes over time too. It can become less flexible and more restricted, contributing to some of the stiffness and loss of movement we often assume we just have to live with.

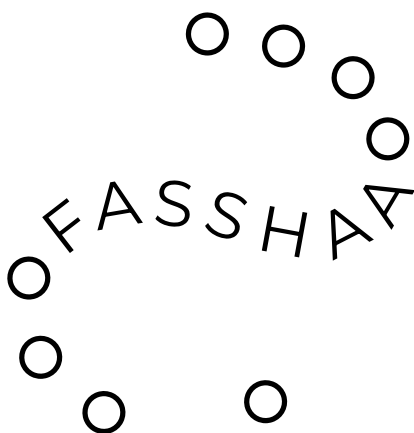
But fascia is something we can support.

And that is exactly why I created Fasshaa. I wanted something simple that anyone could use daily, anywhere, without adding another complicated or time-consuming thing to their day.

Just 3-5 minutes on your hands or feet each day gives you a simple way to support your fascia and see what difference it can make to how your body moves and feels.

Because when movement feels better, life feels better.

FASSHAA® | The Fascia Release Tool



Living well begins here

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