

Three Reasons Why Muscle Activation Technique Needs to be a Part of a Fitness Routine

MAT is just one of the recovery services utilized at The Houstonian Club to restore symmetry, improve range of motion and increase muscle strength.

HOUSTON, TX, UNITED STATES, April 28, 2022 /EINPresswire.com/ -- [The Houstonian Club](#), a leader in the luxury fitness industry, offers a multi-pronged approach to exercise and wellness. Not only does the members-only club offer over 180 group exercise classes per week, but also certified personal trainers, instructors, and a dietitian who also believe in the power of fully functional recovery programs. The high-quality sports recovery services, including Physical Therapy, Therapeutic Massage, and Muscle Activation Technique (MAT) that professional athletes depend on, are available to people of any age or fitness level at The Houstonian Club. The fitness professionals at The Houstonian Club believe that the convenience of providing training and recovery services in the same location makes an effective combination to help guests and members perform at optimum levels.



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“Through MAT, I bridge the gap between recovery programs and continued athletic activity,” says certified MAT specialist and personal trainer Joel Kupke. “MAT works in conjunction with other disciplines, including physical therapy, to help speed up healing.”

Kupke explains how anyone can benefit from MAT and offers sessions ranging from 30 minutes to one hour to Houstonian Club members and the public.

Who is the ideal candidate for MAT?

MAT can benefit all ages and athletic abilities. It addresses tightness, weakness, and pain through the muscular system and increases athletic performance. It can also help shorten recovery time

pre- or post-surgery.

What happens during a MAT session? During Muscle Activation Technique sessions, multiple areas are examined to identify differences in the range of motion and the location of tightness and imbalance throughout the body. MAT uses a specific test for every muscle in the body to evaluate whether it has sufficient strength compared to the opposite side. If a muscle cannot function optimally, that muscle will have difficulty doing the corrective exercises that are asked of it, resulting in strengthening compensation patterns.

After a muscle has been considered deficient, stimulation to specific points on the insufficient muscle will “wake up” the deficient muscle allowing it to contract better. This enables the muscle to get stronger through corrective exercises.

What are the benefits of MAT?

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MAT improves everyday functionality, stability, strength, flexibility, and athletic performance. It also corrects injuries and aids in healing after surgery. By addressing a weakness in the muscle, MAT restores normal body alignment, thereby decreasing pain and reducing the risk of injury.

[Photos available here.](#)

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Located in the heart of Houston, The Houstonian Hotel, Club & Spa recently celebrated its 40th anniversary in 2020. It is a Forbes Travel Guide Four-Star, urban retreat

located adjacent to the city's iconic Memorial Park, and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian is a member of Preferred Hotels and Resorts, and consistently provides guests with attentive and highly personalized service in an authentic manner. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre oasis, with floor-

to-ceiling wooded views in its newly renovated guest rooms, four onsite dining restaurants, and a classic hotel bar. The hotel has 33,890 square feet of Indoor Meeting Space and 87,349 square feet of Outdoor Meeting Space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 175,000 square-foot Houstonian Club offers state-of-the-art equipment, over 180 weekly group exercise classes, aquatic programs, an indoor tennis facility, a resort pool with a rockslide, sports lap pool, and a quiet garden pool. At 26,500 square feet, the new Trellis Spa at The Houstonian is now the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception and hallway, leading to all-new redesigned, sophisticated interiors where guests may enjoy hours of undisturbed relaxation. Trellis offers a new outdoor Soaking Pools and Garden experience with open-air cabanas, a scenic treetop dining room, renovated treatment rooms, indoor Reflection Pool, and tranquil lounging areas. Solaya Spa & Salon by The Houstonian opened in February 2020 in the prestigious Highland Village of River Oaks in Houston. The Houstonian also opened Sage 'n' Bloom Floral Studio at The Houstonian in July 2020, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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