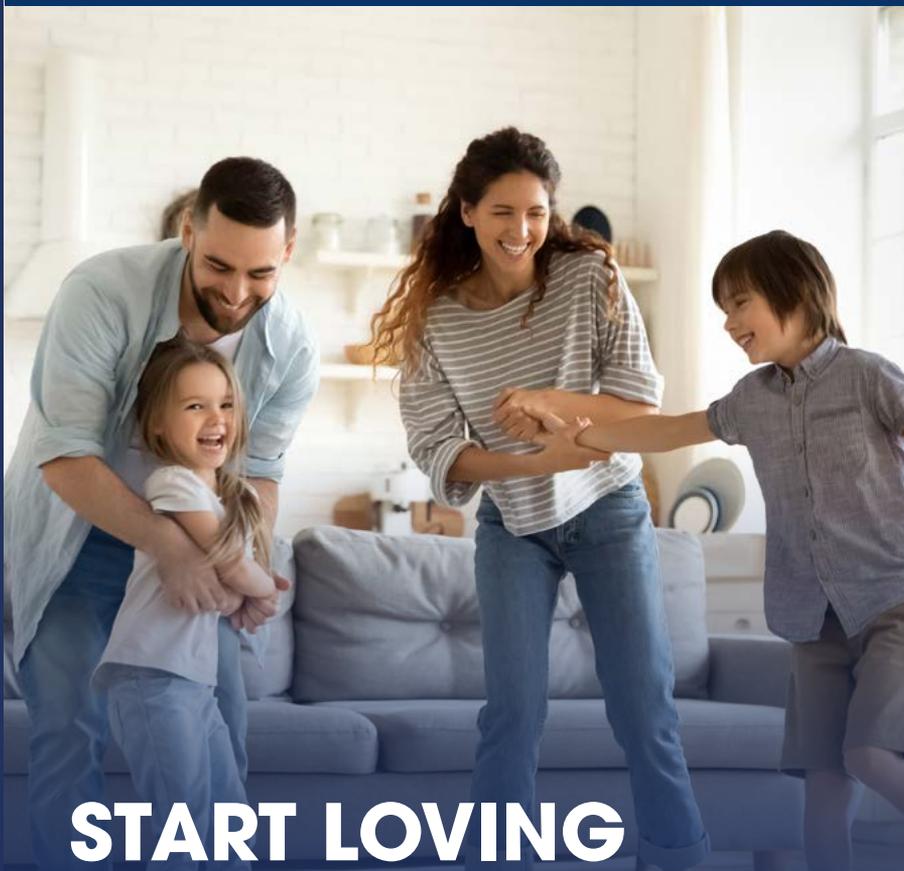




FYZICAL[®]
Therapy & Balance Centers

HEALTH & WELLNESS

NEWSLETTER



START LOVING YOUR HEART TODAY

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- Valentine's Day Recipe
- Love Your Heart, Love Your Life
- 5-Star Review

START LOVING YOUR HEART TODAY



February is American Heart Month. Since Valentine's Day is right around the corner, it's a fantastic time to start loving and appreciating the organ responsible for keeping you alive: your heart!

The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it. If you have suffered a stroke previously, you need to monitor your heart health closely.

This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process!

Physical therapy at FYZICAL Bradenton Central, Ellenton, South Sarasota, and Venice can help you improve your heart health and fitness in various ways! Whether you are in search of a safe way to recover after a stroke, or you're just interested in improving your heart health, we've got you covered.

Tips for better heart health

Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape! The healthier your heart is, the lower your risk of heart disease, heart attacks, and strokes becomes.

The following are some of the ways you can make sure your heart continues to perform at its best.

- Exercise to increase your heart rate: Walking and biking around your area regularly can help you raise your heart rate. Exercise regularly can help you lose weight and enhance your attitude as well.
- Participate in strength training: Strength training is one of the most effective injury-prevention strategies. Your therapist can help you develop safe strength-training techniques.
- Maintain mobility of the joints and muscles: Stretching keeps you active and makes you feel better. Knowing

LOVE YOUR HEART, LOVE YOUR LIFE

(CONTINUED FROM OUTSIDE)

the right workouts and therapies for your joint and muscle pain will help you feel better and enhance your overall health.

- **Eat healthy meals:** Nutrition plays a huge role in heart health. Fruits, vegetables, whole grains, low-fat dairy, legumes, skinless chicken and lean meats, and fatty fish such as salmon should all be in your diet. Saturated and trans fats, salt, and added sugar should all be avoided. You should also limit your salt intake, especially if you already have high blood pressure.
- **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. Alternatively, scheduling 15 minutes of quiet time each day to unwind can also be helpful. The heart is a muscle, remember? The less stressed out you are, the less tension and stress you place on your heart.

We receive many first-time physical therapy patients who feel that their appointments would be uncomfortable, unpleasant, or even agonizing because of their condition or illness. This is not the case! We strive to make sure each of our patients feels comfortable and informed about their condition, as well as what modalities their therapist recommends for treatment. Call us today to schedule your next appointment.

The link between strokes and heart health

Did you know that strokes increase a person's risk for having heart attacks and experiencing poor cardiac health down the road? It's true. These two conditions truly go hand in hand.

According to Verywell Health, "Having a stroke increases a person's risk for cardiac trouble. The same risks that can lead to a stroke can also make heart problems more likely. These factors include high blood pressure, diabetes, high cholesterol, coronary artery disease, and heart arrhythmias."

Other risk factors that make one more susceptible to having a stroke include smoking, having a previous history of heart and blood vessel diseases, being on blood-thinner medications, brain aneurysms or arteriovenous malformations (AVMs), and having medical conditions such as sleep apnea, kidney disease, or a bleeding disorder.

The good news is that if you've suffered a stroke, physical therapy can help you to regain your independence and strengthen your heart to prevent future strokes from occurring.

Love your heart, love your life

Caring for your heart is just as important as caring for any other part of your body. Physical therapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity?

Our team at FYZICAL Bradenton Central, Ellenton, South Sarasota and Venice, would love to help you live the highest quality of life possible. Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!

<https://www.verywellhealth.com/what-type-of-cardiac-complications-can-occur-after-a-stroke-4016942>



VALENTINE'S DAY WHITE CHOCOLATE SMOOTHIE



INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

DIRECTIONS

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

5-STAR REVIEW



"Frank and the staff at FYZICAL were more than knowledgeable and professional. They were relational which goes a long way in patient care. I was there for nearly 4 months after ACL and meniscectomy surgery during COVID. Frank was inventive and flexible with assessing my progress each day for my therapy. They kept everything clean constantly as well. Frank worked specifically to help my out of state worker's compensation stay valid and up to date. I miss all the therapist I made there!" - **Amanda R.**

EXERCISE ESSENTIALS

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly.

Helps relax your whole body



REGULATES BREATHING

Exercises copyright of

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FREE PHYSICAL THERAPY SCREENING

Schedule your **FREE** screening with a physical therapist by calling and mentioning this coupon!

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

Call us or visit us online to schedule your next appointment.

Expires 02-28-22