



ARE YOU TAKING CARE OF
Your Heart?

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.

Physical therapy at Fyzical Therapy & Balance Centers can help you improve your heart health and fitness in various ways! This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process! So make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

TIPS FOR BETTER HEART HEALTH

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. You may have heard of plaque on your teeth, but this kind of plaque is different! Plaque forming in your arteries is the cause of heart attacks and artery blockages.

Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape!

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:** Regularly walking and biking around your area can help you raise your heart rate. Exercising 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 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. In addition, 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.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! In addition, physical therapy is an excellent method to add additional physical activity to your daily routine.

Physical therapy can help you take care of your heart

If you're looking for a safe way to improve your heart health, physical therapy is a great option. Our team is comprised of experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own! Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.

Every program Fyzical Therapy & Balance Centers designs is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up.

Love your heart, love your life

This month is all about loving and appreciating others, but don't forget to take care of yourself! Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one, so you must look after it properly! 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 Fyzical Therapy & Balance Centers team 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!



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EXERCISE ESSENTIALS

 SimpleSet Pro
www.simpleset.net

TRY THIS EXERCISE TO BUILD CORE STRENGTH

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to the original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

VALENTINE'S RASPBERRY 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)



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

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

*Come back in
and see us!*



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Did You Know?

Pardon Me, Ma'am!

Modesty prompted the invention of the stethoscope. Before it existed, doctors had to press their ears directly to each patient's chest