



THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



Kickstart Your Heart Health!

February is Canadian Heart Month, so now is a great time to begin paying attention to the very organ that keeps you alive: your heart!

Your heart's primary purpose is to keep oxygen-rich blood moving throughout your body. Because your heart is so important to your survival, it's critical to keep it healthy by eating a well-balanced diet and exercising regularly, as well as avoiding things that can harm it, such as smoking.

Physiotherapy at [Zenith Physiotherapy](#) offers a variety of ways for you to improve your heart health and wellness! Call our clinic to set up an appointment today.

How Can Physiotherapy Keep Your Heart Healthy?

Getting enough exercise is the best way to keep your heart strong and healthy. Physiotherapy offers a safe and effective way to incorporate more physical activity into your routine!

Some ways a therapist may ensure your heart is functioning at its highest levels are as follows:

- **Cardiovascular exercise.** Getting your heart rate up can be achieved through regular walks and/or biking around your neighborhood. Frequent exercise can boost your metabolism and improve your mood.

- **Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free! Your therapist can work with you on safe strength training methods.
- **Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- **Asking you about your diet.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods as well as eating too much red meat, as it can cause an increased risk of heart disease.



Unit 309, 800 Yankey Valley Blvd. • SW Airdrie • 1-403-768-2747 • [zenithphysio.com](#)

REQUEST APPOINTMENT

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Call Our Clinic Today

Physiotherapy is an excellent way to maintain good heart health! The therapists at [Zenith Physiotherapy](#) will work with you one-on-one at each appointment to ensure you're increasing your heart rate and getting your blood flowing!

Call us today to schedule your appointment!



Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-768-2747

Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

ZENITHPHYSIO.COM

Exercise Essentials

Try this exercise to strengthen your core.

Plank Forearms & Feet

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

Ingredients:

- 2 tablespoons
- 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/>