



HELP YOUR HEART OUT! GET MOVING ONCE AGAIN



Are You Doing
Everything You Can
For Your Health?

With Valentine's Day right around the corner, you may be thinking about what gift to get your spouse or nice gestures you can do for your loved ones. But perhaps the greatest gift of all would be making sure you're taking care of your health!

February is national heart month, and an easy way to take care of your heart health (and overall health) is to get moving and stay active. It can sometimes be difficult to get up and exercise — or, for a lot of us, begin exercising again — but it is a great way to make sure you are staying healthy and strong.

Are you ready to become healthier, stronger, and more active? Physiotherapy is a great way to start. Our dedicated physiotherapists can put together a treatment plan designed around your specific needs. Contact [Zenith Physiotherapy](#) today to get started!

How Can Physiotherapy Help Me Improve My Health?

Many aspects of physiotherapy focus on exercises that get the patient's heart pumping, engaging the entire cardiovascular system. This is beneficial not only to your heart, but your body as a whole!

Your physiotherapist will train you on the best ways you can move your body in order to promote improved health and wellness. In addition to physical exercises, they can also provide you with education on healthy living and any lifestyle changes that could help improve your health.

Your physiotherapist will discuss risk factors with you, such as smoking, drinking, obesity, or poor nutrition choices. Once these risk factors are determined, you and your physiotherapist will come up with a plan to reduce or eliminate risks, and enhance your overall health through physiotherapy treatments.

When Will I Notice Improvement?

Your physiotherapy journey to become healthier, stronger, and more active will all be dependent upon your personal goals and the treatment plan your PT deems best in helping you achieve them. You may also be responsible for taking certain lifestyle changes into your own hands, as you may discuss with your physiotherapist.

There is no set time frame on physiotherapy treatments and how long it will take to reach your end goal, but many patients begin to notice improvements very quickly, sometimes after the first couple sessions.

By exercising with a trained movement specialist who can show you the proper techniques, you will be able to achieve your health and wellness goals much faster!

How Can I Get Started?

Give your loved ones the greatest gift of all this Valentine's Day — make the first step in taking care of your health! Contact [Zenith Physiotherapy](#) today to schedule a consultation and begin, or re-ignite, your journey toward a healthier, stronger, and more active life.

*To schedule an appointment,
just [click here](#).*

Laughter Is The Best Medicine

Did You Know?

...that laughter is good for your heart? It diminishes stress and boosts the immune system. Even the simple act of smiling has a positive effect on happiness and physical health, helping the heart recover more quickly after stressful events. Smiling and laughter reduce blood pressure and release serotonin and other natural pain killers.

...that laughter's positive effects are instantaneous! Once you start laughing, you immediately feel better because pain is perceived as less intense.

These effects can last as long as 24 hours so laugh at least once a day!



[Book Your Appointment Online Now](#)
We can't wait to see you!



GET PHYSICAL!
CALL ZENITH TODAY!



Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-879-8178

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

ZENITHPHYSIO.COM



READ WHAT OUR PATIENTS HAVE TO SAY!

Exercise Essentials

This exercise helps your lower back pain.

Low Lunge

Start by placing your back leg straight along the ground with your front foot on the ground and your front knee bent to about 90-degrees. Raise your arms straight up toward the ceiling with your thumbs pointing back. Hold for 30 seconds and repeat.



TASTY RECIPE AVOCADO-EGG TOAST

Start Your Morning With This Protein Rich Breakfast Treat!

What You Need:

- 1/4 avocado
- 1/4 teaspoon ground pepper
- 1/8 teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

Directions: Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

www.eatingwell.com/recipe/267169/avocado-egg-toast/