

February 2024

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# KICKSTART YOUR HEART HEALTH!

**February is 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.

**Zenith Physiotherapy & Wellness 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.

**Physiotherapy is an excellent way to maintain good heart health! The therapists at our clinic will work with you one-on-one at each appointment to ensure you're increasing your heart rate and getting your blood flowing!**

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

## TREATMENTS AVAILABLE

### Physiotherapy

- Physiotherapy
- Laser Therapy
- Cupping
- Custom Braces
- Custom Orthotics
- Dry Needling / IMS
- Electrotherapy
- Fall Prevention
- IASTM
- Kinesio Taping
- Manual Therapy
- Selective Functional Movement Analysis (SFMA)
- Shockwave Therapy
- Telehealth
- Therapeutic Exercise
- Ultrasound
- Vestibular Therapy

### Chiropractic

- Chiropractic
- Joint Mobilization
- Spinal Manipulation
- Extremity Manipulation
- Muscle Stimulation (ESTIM)
- Active Release
- Graston Technique
- Instrument-Assisted Soft Tissue Mobilization
- Manual/Diversified Adjustment
- Drop-Table Adjustment
- Activator Adjustment
- Cupping Therapy
- Shockwave Therapy
- Pediatric Chiropractic
- Pre/Post-Natal Chiropractic
- Post-Natal Chiropractic

### Massage Therapy

- Massage Therapy
- Myofascial Release
- Deep Tissue Massage
- Trigger Point Therapy
- Prenatal Massage
- Lymphatic Therapy
- Sports Massage
- Athletes and Performance Massage
- Post-Surgical Massage
- Post-Natal Massage
- Relaxation/Swedish Massage
- Hot Stones Massage
- Cupping Therapy

## Patient Success Stories

"My husband went here for issues with his back, the staff are very friendly and professional! Monzy was up at the front to greet us and is always lovely to talk with. Christa is the one who treated my husband, and she took great care to ensure treatment was progressing well." —**Emily W.**

"Great Physio. Krista was excellent. A very thoughtful, professional and thorough exam, followed by injury specific targeted exercises had the greatest effect on my recovery journey. As the exercises got easier, she took them to the next level to ensure the healing progressed. I'm very happy with her treatment and would highly recommend Krista to anyone considering physiotherapy. Thanks Krista!" —**Gerry A.**

**Our patients have found a high level of success in our treatment services due to our advanced technologies and methods. [CLICK HERE](#) to read about more of our patients' successes!**

**Our team is dedicated, experienced, and eager to help you recover!**

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Unit 309, 800 Yankey Valley Blvd., SW Airdrie

### Office Hours:

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

**ZENITHPHYSIO.COM | 1-403-879-8178**

## 5 Tips For Better Heart Health!

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



## ROASTED BRUSSELS SPROUTS

WITH GOAT CHEESE AND POMEGRANATE



### INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

**DIRECTIONS:** Preheat oven to 200 degrees Celsius. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>