ABILITY PHYSIOTHERAPY

Empowering Your Tomorrows



7 WAYS YOU CAN BECOME

HEALTHIER, STRONGER, AND MORE ACTIVE

INSIDE:

- 7 Tips You Can Do To Stay Healthy
- Exercise Essentials
- Patient Success Spotlight
- Immunity Vitamin Burst Smoothie

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NEWSLETTER

Helping You Re-Build Your Foundation



WHAT'S INSIDE

- 7 TIPS YOU CAN DO TO STAY HEALTHY
- EXERCISE ESSENTIALS
- PATIENT SUCCESS SPOTLIGHT
- IMMUNITY VITAMIN BURST SMOOTHIE

WHY CHOOSE OUR PHYSIO CLINIC?

- INDIVIDUALIZED APPROACH
- RESTORE YOUR FOUNDATION
- EMPOWERING YOUR TOMORROW

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE



It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physiotherapist. At Ability Physiotherapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your health and you:

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physiotherapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing your strength and flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physiotherapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

Click To Call & Talk to a Physiotherapist: (403) 455-0077

7 TIPS YOU CAN DO TO STAY HEALTHY

Physiotherapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains. Don't let these long-term problems linger. Contact Ability Physiotherapy for professional help.

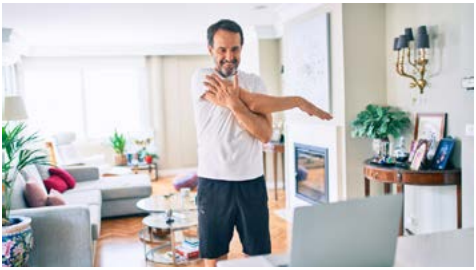
2. Limiting your sitting. Get up every 30 minutes to walk around at work and home.

3. Getting out and moving Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portions. Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water. Water keeps your body systems functioning at an optimum level.

6. Breathing. Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.



7. Getting enough sleep. Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Ability Physiotherapy today!

Are you looking for assistance with increasing your health, strength, and activity? Our team at Ability Physiotherapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!

ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

Book an Appointment Today
(403) 455-0077

FREE CONSULT

FREE 20-MINUTE CONSULTATION
Expires May 28th, 2021.
Limited to the first 15 people who call in.



Healthy Recipe: Immunity Vitamin Burst Smoothie

Ingredients:
- 1 cup fresh orange juice
- 1/2 cup milk (coconut, almond, or substitute plain or vanilla yogurt)
- 1/2 cup frozen strawberries
- 1/2 cup mango
- 1/2 cup pineapple
- 1 tsp freshly minced ginger (or more to taste)
- Optional: 1-2 tsp raw honey; a handful of fresh baby spinach; 1-2 tbsp almond butter flakes

Directions: Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy. Bursting with healing Vitamin C, this hydrating smoothie will increase the infection-fighting ability of your immune system.

fountainavenuekitchen.com/recipe/immunity-boosting-smoothie



Patient Success Spotlight

"knowledgeable, very caring, and helpful"

"The best physiotherapy! Himani and her team are great. They are knowledgeable, very caring and helpful. Just the first treatment alone made a huge difference with my back pain. I had such a wonderful experience during my therapy. I highly recommend this place. "

- Marites. N.

Call to Schedule an Appointment
(403) 455-0077

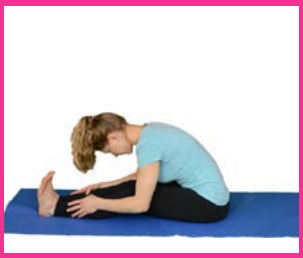
We Provide Effective Relief For:

- Rotator cuff tear
- Foot Pain
- Wrist & elbow pain
- Muscle strains & sprains
- Stiffness caused by injury
- Muscle spasms
- Rotator cuff problems
- Joint pain
- Post-surgical rehab
- Knee and ankle sprains

Exercise Essentials

FORWARD BEND- LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping your lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



Exercises copyright of
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www.simpleset.net

Abilityphysio.ca

Always consult your physiotherapist before starting exercises you are unsure of doing.

EXERCISE YOUR MIND: Sudoku

				9			2	
4			2		7	6		
		3	6				8	
7						1	4	
3				4				5
	4	9						3
	5				2	3		
		1	4		8			6
	6			1				

http://1sudoku.com n° 34100 - Level Hard

Second Location Coming Soon!

KEEP AN EYE OUT FOR OUR SECOND LOCATION COMING SOON



(403) 455-0077