ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



Help Your Heart Out! Get Moving Again

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 us today to get started!

How can physiotherapy help improve your 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 PT treatments.

How can you 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 Ability Physiotherapy today to schedule a consultation and begin, or re-ignite, your journey toward a healthier, stronger, and more active life.

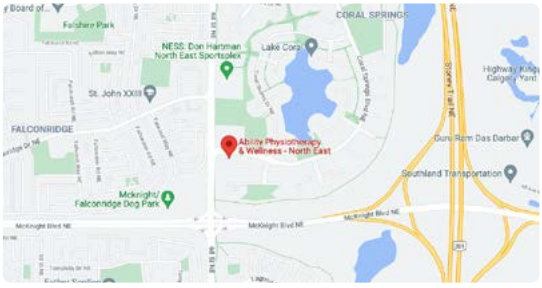
Don't wait. Schedule an appointment here.

Schedule an appointment here. We can't wait to see you!

Check out our new location!

Check out our new office located in Calgary! We can't wait to show you the same great care, in a new location.

Don't wait. Schedule an appointment here.





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Patient Success Story

"I had an issue with my knee and went through 2 expensive, city-based physiotherapists before seeing Himani. The problem that was affecting me had been going on for months, and it was diagnosed in 20 mins by Himani; it was fixed within couple of days just by streching. I am a competitive tri-athlete and will 100% be going back to Himani in the future if I am having some issues relating to physiotherapy. They are very experienced and I highly recommend them to everyone. I had an amazing experience with Himani. Thanks a ton to Himani!"

- Anshul Jain

Ability PHYSIOTHERAPY & WELLNESS
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South East
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Calgary, AB T2b0x8, Canada
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VALENTINE'S DAY 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)

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/