ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation

February 2024



This Valentine's Day, Give Yourself the Gift of Good Heart Health!

February is American Heart Month, so as you grab gifts for your spouse and other loved ones, schedule some time at Ability Physiotherapy to give a gift to yourself: good heart health!

Heart disease is the leading cause of death in the United States, but you can lower your risk with a few simple strategies — and staying active is at the top of that list. Our team of physiotherapists can help you get moving with pain management, injury prevention tips, and a customized exercise plan.

Ready to celebrate your heart this Valentine's Day? Call us today to schedule your initial consultation!

How Physiotherapy Can Help Improve Your Heart Health

Our physiotherapists are movement specialists who can help you move better and more often! Here are a few ways we can help you develop a heart-healthy lifestyle:

- **Resolve pain and injuries.** If you struggle with pain or injury, exercise may feel impossible. But our therapists can help you resolve those impairments so you can start moving more regularly. As a bonus, exercise helps manage many painful conditions (such as arthritis), making it doubly important.
- **Avoid future injuries.** Our therapists can also identify any biomechanical impairments that might cause injuries down the line. We'll help you move better and more efficiently.
- **Develop a customized exercise program.** Finally, we can help you understand which exercises work best for your needs. The CDC recommends that adults get 150 minutes of moderate exercise each week, but those guidelines are fairly vague. We can help you...
  - Understand the difference between "moderate" and "intense" exercise
  - Find the right balance of cardio and strength training
  - Identify specific exercise programs that most appeal to you
  - Develop a workout schedule that you can actually follow

In addition to helping you move more, our therapists can also offer nutritional advice to ensure you're eating heart-healthy meals, provide you with strategies to relax and manage stress, and ensure you're getting enough sleep — all critical factors in avoiding heart disease.

Can We Be Your Valentine?

This February, ignite your journey toward a heart-healthy lifestyle with a consultation at Ability Physiotherapy. Call us to schedule an appointment today!

To schedule an appointment, just click here.

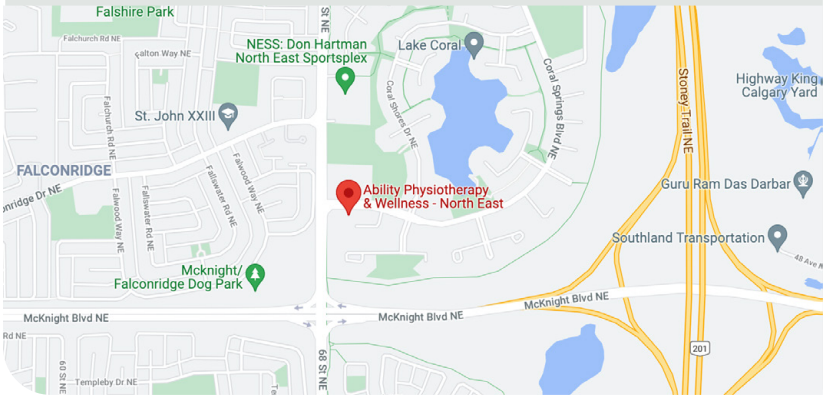
Schedule An Appointment Today

North East (587) 200-4978
South East (587) 200-5032

We can't wait to see you!

Call Us Today!

Physiotherapists at Ability Physiotherapy are dedicated to getting you back on track to a pain-free life. They will evaluate you to determine the best treatments necessary for you and create a treatment plan catered to your needs. Give us a call today to schedule an appointment!





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

Patient Success Story

"This is the second injury I have come here with. Himani is simply the best (the others here as well of course). She reduced the pain in my arm immensely during my first visit and has already given me the right exercises and tools to work on at home — which has led to a full recovery with her help. I'd give 10 stars if I could. Highly recommend coming here! You are also greeted with a smile by everyone and are treated like a human being. Everyone there has a huge heart." **—Zwiewel.**



Click below to leave a review. **Your Success Story** may just inspire others to get the help they need.

North East | South East



VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

INGREDIENTS

- 1 tbsp white chocolate chips
- ½ cup nonfat vanilla Greek yogurt
- ¾ cup frozen raspberries
- 1 cup almond milk/milk of choice
- ½ 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/

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