

# FEBRUARY

## THE THERAPY Connection

A newsletter for our valued patients & friends.



### TIP OF THE MONTH

#### Exercise Your Way to Lower Blood Pressure

February is American Heart Month and this year the CDC and Million Hearts® – a national effort to prevent one million heart attacks and strokes in the United States by 2017 – are encouraging Americans to know their blood pressure.

And if it's high, to work towards a goal to control it. (Normal blood pressure is systolic pressure less than 120 and diastolic pressure less than 80 mmHg.)

#### Exercise is a great way to help control your blood pressure.

Physical activity not only helps control your blood pressure, it also helps to manage your weight, strengthen your heart, and manage your stress level. A healthy weight, a strong heart, and general emotional health are all good for your blood pressure. 1 A well-rounded physical activity program includes both aerobic and strength training exercises. Using a variety of exercises helps cardiorespiratory and muscular fitness, improving overall health and function. Regular physical activity will provide more health benefits than sporadic or high intensity workouts, so choose exercises you are likely to enjoy and that you can incorporate into your schedule. 2 If you are not currently physically fit, you might start by finding a safe way to be more active. Then gradually increase the time and intensity of your physical activity. If you haven't exercised for some time and you have health concerns, you should talk to your doctor before starting a new exercise routine.

#### AHA Recommendations for aerobic activity include:

For overall health benefits to the heart, lungs and circulation, perform any moderate-to-vigorous-intensity aerobic activity using the following guidelines:

- For most healthy people, get the equivalent of at least 150 minutes (2 hours and 30 minutes) per week of moderate-intensity physical activity, such as brisk walking.
- If you need to lower your blood pressure or cholesterol, aim for 40 minutes of moderate to vigorous physical activity 3 to 4 times per week.
- Incorporate exercise into your weekly physical activity for 30 minutes a day, at least 5 days a week.
- Physical activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- Include flexibility and stretching exercises.
- Include muscle strengthening activity at least 2 days each week.

We understand the importance of keeping your body active and healthy. As you begin your workout routine remember to listen to

**Call today to ask us how we can help you get back to enjoying the activities that are important to you!**



***"It is our choices...that show what we truly are, far more than our abilities."***

— J.K. Rowling

## TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

### A RECIPE FOR YOU

#### Panko Crusted Zucchini Rounds

If you have been looking for new ways to insert vegetables into your diet, this one is delicious!



#### Ingredients:

- 1 large zucchini
- 1/4 cup olive oil
- 1 cup Panko bread crumbs
- 1/2 cup parmesan cheese
- Garlic powder, salt and pepper to taste

#### Directions:

1. Preheat the oven to 425°.
2. Slice the zucchini horizontally into thin rounds.
3. Using two small bowls, put the olive oil in one, and mix the panko bread crumbs, parmesan cheese and spices in the other.
4. Dip both sides of your zucchini round into the olive oil bowl and then into the bowl of breadcrumbs.
5. Place on foil-lined cookie sheet making sure not to touch.
6. Bake 15-20 minutes until brown and crispy. Enjoy!

your body's cues. Make sure to properly warm up your muscles, not to overexert yourself, hydrate, and give your muscles a proper cool down. If you have any questions on stretching or exercise techniques please ask us. We would be happy to help you! Ready to get started? [Click here](#) for a pre-run dynamic stretching routine.

#### References:

1. [www.heart.org](http://www.heart.org)
2. [www.acsm.org](http://www.acsm.org)

More info like this and more at:

