



TIP OF THE MONTH

**Exercise Your Way to a Healthier Heart**

Did you know that February is Heart Health Month? Heart disease is a leading cause of death in the United States. The good news is that you can lower your risk of getting it or having a stroke by simply moving more. A well-rounded physical activity program includes both aerobic and [strength training](#) exercises. Using a variety of exercises helps cardio-respiratory 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. 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 have health concerns, you should talk to your doctor before starting a new exercise routine.

**How Much Exercise Do I Need?**

[AHA Recommendations](#) for aerobic activity include:

- For most healthy people, you'll want 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 3-4 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 spread throughout the week
- Include flexibility and stretching exercises
- Include muscle-strengthening activity at least 2 days per week

**How Do I Stay Motivated?**

There are lots of ways to stay motivated as your start a new exercise routine. Here are some of our favorites!

- Take an online fitness class with a friend and motivate each other to achieve your goals
- Commit to a walking schedule with a friend or family member, even if you can't walk together.
- Find an activity that you enjoy. If you love it, it won't feel like work
- Use a workout game on a gaming console or headset

We understand the importance of keeping your body active and healthy. As you begin your workout routine, remember to listen to 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 about stretching or exercise techniques, please ask us. We would be happy to help you! Ready to get started? Check out this [pre-run dynamic stretching routine](#).



Featured Article: [Healthy Hearts This Feb](#): A Look at Blood Pressure

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



***“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.”***

— Hellen Keller

**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**

**Homemade Marinara**

This recipe comes to us from our good friend Denise with this advice: *Italians generally don't measure; we cook by feel. These measurements are approximate. Taste your food often and adjust to what you like.*



**INGREDIENTS**

- About 16 plum tomatoes, quartered
- 5 cloves garlic, minced
- 1 small onion, chopped
- 1/4 cup chopped basil
- 1/4 cup chopped parsley
- 3/4 cup red wine
- 2 T olive oil
- Salt/pepper/Italian seasoning to taste

**DIRECTIONS**

1. Preheat the oven to 400 degrees.
2. Put tomatoes, onion, garlic, parsley, basil, salt & pepper in a roasting pan (I use a well-seasoned stone, but any metal roasting pan will work). Drizzle with olive oil and stir.
3. Roast for about 45 minutes, stirring occasionally.
4. Blend in batches and add to a large pot.
5. Add wine, additional seasoning to taste, and simmer on low, mostly covered (lid skewed to allow steam to escape), for about 20 minutes.