



TIP OF THE MONTH

February is Healthy Heart Month

To help celebrate we, are going over how maintaining a healthy BMI and exercise are big parts of fighting heart disease!

MAINTAINING YOUR BMI:

According to an article from [Johns Hopkins Health](#), with data taken from the JACC (Journal of American College of Cardiology): **“A higher BMI was strongly linked to higher troponin levels (a protein in the blood that is released when the heart muscle has been damaged).”** The article continues to address that even those who don’t suffer from other BMI-related ailments, such as diabetes or high blood pressure, are still at risk from heart disease.

Although genetics play an important role in the regulation of body weight, the World Health Organization Consultation on Obesity concluded that factors such as sedentary lifestyles combined with excess energy intake are primarily responsible for the dramatic increase in obesity during the past two decades.

So how do we combat a high BMI? Well, the first step would be to get moving! Combining exercise with a healthy diet produces more effects on function and pain than either alone.

HOW MUCH EXERCISE DO I NEED?

AHA Recommendations for aerobic activity include:

- 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
- Physical activity should be in episodes of at least 10 minutes and preferably spread throughout the week
- Include flexibility and [stretching exercises](#)
- Include muscle-strengthening activity at least two days per week

BONUS POINTS FOR LOWERING YOUR BMI:

While heart health is the focus, lowering your BMI could come with some additional perks!

- [Low back pain](#) [that] may be a consequence of obesity itself... could be prevented when paired with specific spine exercises
- Improvements in [Osteoarthritis](#) of the hip and knee have been self-reported after they followed an exercise and weight loss program.

We want to help you live a long and happy life. If you need help lowering your BMI due to health reasons, talk to your primary care provider or cardiologist on ways to address functional de-conditioning. We can help treat your pain and provide information regarding daily activity.



**Featured Article: [Healthy Hearts this February](#)** Heart disease is the leading cause of death for both men and women. Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure... [more](#)

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



**“My mother always used to say, “The older you get, the better you get. Unless you’re a banana”**

— Betty White

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

Teriyaki Salmon with Cauliflower Rice

This heart-healthy recipe comes straight from the AHA’s website. [Click for the original recipe.](#)



SALMON:

- 2 T low-sodium soy sauce
- 1 T water
- 1 T balsamic vinegar
- 1 T sesame oil
- 1 tsp. white vinegar
- 1/2 tsp. no-calorie sweetener
- 1 tsp. fresh minced garlic
- 1 tsp. fresh, minced ginger
- 4 (6-ounce) wild salmon fillets, skin removed

CAULIFLOWER RICE:

- 1 head cauliflower (roughly chopped)
- 1/2 white onion, peeled and roughly chopped
- 1 tsp. canola oil
- 1/8 tsp. salt
- 1 cup chopped, fresh cilantro leaves
- 1 tsp. sesame seeds
- 2 scallions (finely chopped)

DIRECTIONS:

1. Marinate the salmon in the ingredients above for 1 -24 hours
2. Preheat the oven to 450° and make sure to transfer the fish and marinade into a baking pan
3. Bake for 10-12 minutes and broil for another 2-4 until brown. Cook until flaky and tender
4. Add your cauliflower and onion to a food processor and mix until it’s the consistency of couscous
5. Warm a pan – add canola oil and toss in the cauliflower mixture.
6. Salt to taste, and sauté until tender (5-6 minutes)
7. Remove from heat and stir in cilantro
8. Garnishing with the sesame seeds and scallions. Enjoy!