



TIP OF THE MONTH

Lifestyle Changes to Keep Your Heart Healthy

February is heart health awareness month, and we are celebrating! Did you know that you can help keep your blood pressure in a healthy range, by making a few lifestyle changes? Preventing high blood pressure, which is also called hypertension, can lower your risk for heart disease and stroke.

Try practicing these healthy living habits!

Keep Yourself at a Healthy Weight

Being overweight or obese increases the risk of high blood pressure. To determine whether your weight is in a healthy range, providers often calculate your [body mass index \(BMI\)](#). We can review your BMI during your next visit, and if your BMI isn't where you would like it, we can go over ways to reach a healthy weight, including choosing healthy foods and getting regular physical activity, and if necessary, connect you with a care provider we know and trust.

Be Physically Active

If you need help staying active – let us know. We can work with you to develop an aerobic and strengthening plan that works for you. In the meantime, we have some [easy ways to be more active](#) to help you get started. Why are we so adamant about this? Because physical activity can help keep you at a healthy weight AND lower your blood pressure. [The Physical Activity Guidelines for Americans](#) recommends that adults get at least 2 hours and 30 minutes of moderate-intensity exercises, such as brisk walking or bicycling, every week. That's about 30 minutes a day, 5 days a week. Children and adolescents should get 1 hour of physical activity every day.

Get Enough Sleep

Getting enough sleep is not only important to your overall health, but it's a vital part of keeping your heart healthy and for recovery during rehabilitation. Not getting enough sleep regularly is linked to an [increased risk of heart disease](#), high blood pressure, and stroke. If pain is inhibiting your sleep, let us know. We can work with you to identify the best [sleeping positions](#) for your injury.

We love working with members of our communities and helping them live full, meaningful lives. Don't hesitate to reach out for more information about our services, follow up on a plan of care, or stop by to say hello!

PT&Me Featured Article: [Cold Weather Exercise Tips](#)

Running through the cold weather can ease the winter doldrums, improve your energy level and help you to be in better shape for the spring. However, it is important to follow our cold-weather exercise tips to run safely and comfortably through wintry weather...[more](#)

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



"Doing the best at this moment puts you in the best place for the next moment."

— Oprah Winfrey

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

Chicken Kebabs

This quick and easy meal takes no time to cook on the grill. Feel free to mix it up with your favorite vegetables, tomatoes, or seafood!



INGREDIENTS:

- 1-2lb chicken breast cubed into 1.5-inch pieces
- 1 lemon
- 2 scallions finely chopped
- ¼ cup parsley
- 3T olive oil
- Salt and pepper to taste
- 1 medium onion cut into wedges
- 1 red or green pepper cut into 1-inch chunks
- Vegetable of choice cut into wedges
- Skewers

DIRECTIONS:

1. Heat the grill to high heat
2. In a bowl mix the chicken, scallions, parsley, 2T of olive oil, salt, and pepper into a bowl until evenly coated
3. Spritz with lemon juice and mix in
4. In a second bowl mix your chopped veggies in the remaining olive oil, salt, and pepper
5. Thread your pieces of chicken and veggies onto your skewers and grill until the chicken is cooked through @ 165°
6. Serve and Enjoy!