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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**



ARE YOU TAKING CARE OF YOUR HEART?

Georgian Bay Location

1 First Street Unit 102 M 8:00a - 8:00p
Collingwood ON T 8:30a - 8:00p
L9Y 1A1 W 8:00a - 8:00p
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-446-1897 F 8:30a - 4:00p

Stayner Location

7460 County Road 91 M 8:00a - 3:30p
Unit 3 T 8:30a - 5:00p
Stayner, ON L0M 1S0 W 2:00p - 7:00p
Phone: 705-446-2551 Th 8:00a - 8:00p
Fax: 705-517-0076 F 8:00a - 12:00p

Wasaga Location

102 - 14 Ramblewood M 10:00a - 3:00p
Drive, Wasaga Beach, T 8:00a - 3:00p
ON L9Z 0C4 W 8:00a - 3:00p
Phone: 705-446-2551 Th 10:00a - 3:00p
Fax: 705-446-1897 F 10:00a - 3:00p

Hours subject to change due to COVID-19. Please call in advance.

INSIDE:

Love Your Heart, Love Your Life · Healthy Recipe
7 Tips For Better Heart Health! · Exercise Essential



Are You Taking Care Of Your Heart?

February is Canadian Heart Month. Since Valentine's Day is right around the corner, it's a fantastic time to start loving and appreciating the organ responsible for keeping you alive: your heart!

The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it.

Physiotherapy at Peak To Shore Physiotherapy can help you improve your heart health and fitness in various ways! This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process!

Make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

Tips For Better Heart Health

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. You may have heard of plaque on your teeth, but this kind of plaque is different! Plaque forming in your arteries is the cause of heart attacks and artery blockages.

Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape!

The following are some of the ways you can make sure your heart continues to perform at its best.

- **Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercise regularly can help you lose weight and enhance your attitude as well.

- **Participate in strength training:** Strength training is one of the most effective injury-prevention strategies. Your therapist can help you develop safe strength-training techniques.
- **Maintain mobility of the joints and muscles:** Stretching keeps you active and makes you feel better. Knowing the right workouts and therapies for your joint and muscle pain will help you feel better and enhance your overall health.
- **Eat healthy meals:** Nutrition plays a huge role in heart health. Fruits, vegetables, whole grains, low-fat dairy, legumes, skinless chicken and lean meats, and fatty fish such as salmon should all be in your diet. Saturated and trans fats, salt, and added sugar should all be avoided. You should also limit your salt intake, especially if you already have high blood pressure.
- **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. Alternatively, scheduling 15 minutes of quiet time each day to unwind can also be helpful. The heart is a muscle, remember? The less stressed out you are, the less tension and stress you place on your heart.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physiotherapy is an excellent method to add additional physical activity to your daily routine.

Our Goal Is To Help You Reach Yours!

Come back into our clinic for treatment and take a step towards better health.

www.peaktoshorephysiotherapy.com

Keeping Your Health In Mind

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility. **During these difficult times**, for those who are not feeling well, we are offering Telehealth Services if you are unable to attend in person. **To learn more about what our clinic is doing to prevent the spread of COVID 19, contact our office today.**



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS



OUR EMPLOYEES ARE WASHING HANDS REGULARLY

Love Your Heart, Love Your Life



This month is all about loving and appreciating others, but don't forget to take care of yourself!

Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one, so you must look after it properly! Physiotherapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity? Our team at Peak To Shore Physiotherapy would love to help you live the highest quality of life possible. Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!



Healthy Recipe *Heart Healthy Hummus*

INGREDIENTS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice


DIRECTIONS

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rcp-20049675>

Exercise Essential



 SimpleSet Pro

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. Helps relax your whole body.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Therapeutic Exercise
- Acupuncture
- Taping & Bracing
- Manual Therapy
- Sports Medicine
- Chiropractic Care
- Athletic Therapy
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy

7 Tips For Better Heart Health!



1. Aim For Lucky Number Seven.

Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

2. Keep The Pressure Off.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

3. Move More.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

4. Slash Saturated Fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

5. Find Out If You Have Diabetes.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

6. Think Beyond The Scale.

Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.

7. Clean Up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).

Did You Know?

We Can Also Treat:

- Arthritis
- Hip Injuries
- Knee/Ankle Injuries

- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries

- Sprains
- Vertigo
- And more!