



This Valentine's Day, Give Yourself the Gift of Good Heart Health

February is Heart Month, so as you grab gifts for your spouse and other loved ones, schedule some time at Key Physiotherapy to give a gift to yourself: good heart health!

Heart disease is one of the leading causes of death in Canada, but you can lower your risk with a few simple strategies — and staying active is at the top of that list. Our team of physiotherapists can help you get moving with pain management, injury prevention tips, and a customized exercise plan.

Ready to celebrate your heart this Valentine's Day? Call us today to schedule your initial consultation!



How Physiotherapy Can Help Improve Your Heart Health

Our physiotherapists are movement specialists who can help you move better and more often! Here are a few ways we can help you develop a heart-healthy lifestyle:

- **Resolve pain and injuries.** If you struggle with pain or injury, exercise may feel impossible. But our therapists can help you resolve those impairments so you can start moving more regularly. As a bonus, exercise helps manage many painful conditions (such as arthritis), making it doubly important.
- **Avoid future injuries.** Our therapists can also identify any biomechanical impairments that might cause injuries down the line. We'll help you move better and more efficiently.
- **Develop a customized exercise program.** Finally, we can help you understand which exercises work best for your needs. The CDC recommends that adults get 150 minutes of moderate exercise each week, but those guidelines are fairly vague. We can help you...

- Understand the difference between "moderate" and "intense" exercise
- Find the right balance of cardio and strength training
- Identify specific exercise programs that most appeal to you
- Develop a workout schedule that you can actually follow

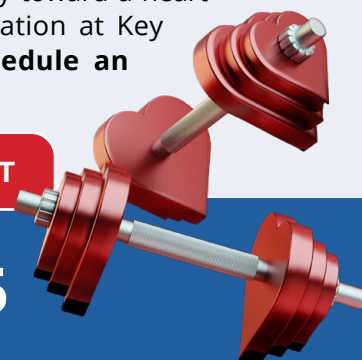
In addition to helping you move more, our therapists can also offer nutritional advice to ensure you're eating heart-healthy meals, provide you with strategies to relax and manage stress, and ensure you're getting enough sleep—all critical factors in avoiding heart disease.

Can We Be Your Valentine?

This February, ignite your journey toward a heart-healthy lifestyle with a consultation at Key Physiotherapy. **Call us to schedule an appointment today!**

REQUEST AN APPOINTMENT

902.422.1555



EXERCISE ESSENTIALS

Supine Single Leg Lowering

Start by lying down with your butt right in front of the side of a doorframe. One leg should be on the outside of the doorframe and the other leg should be straight through the doorway. Straighten the outside leg up against the wall and shift your body as close to the doorframe as possible. Raise the other leg up all the way, keeping it straight, and slowly lower it to the ground and repeat.



**Be healthy, strong, and more active —
If not for you, do it for those you love!**

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HEALTHY RECIPE

GLUTEN-FREE BREAKFAST HASH



Ingredients:

- 5 medium-large potatoes washed and peeled
- 1 large white onion chopped
- 2 tbsp extra virgin olive oil
- 2 green onions trimmed & finely chopped
- 4 eggs
- ½ cup shredded cheddar cheese
- Salt and pepper to taste
- ¼ tsp paprika

Directions: Cut potatoes into 1/2 inch wedges. Heat olive oil in a large cast iron skillet or frying pan over medium heat. Cook potatoes for 25 minutes, covered, stirring every 4-5 minutes. Add chopped white onion. Cook for another 5-10 minutes, uncovered, and stirring constantly. When potatoes are crispy and golden brown, add green onions, salt, and pepper. Stir through. With your spatula, make four wells in the potatoes and crack an egg into each one. Sprinkle shredded cheddar all around. Cook until the egg whites are set, or until your liking. Cover pan with lid for poached eggs. Add more olive oil on eggs if desired. Sprinkle eggs with a pinch of paprika seasoning. Serve immediately.

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PATIENT SUCCESS STORY

“I’ve been to Mark twice with chronic heel and wrist issues and am already seeing a difference, his knowledge and the treatment plan is amazing. The staff are awesome and it’s great to have Coco there during your visit :)”

— Michelle S.

“Mark and the staff at Key Physiotherapy are professional, caring and experts in their field. I wholeheartedly recommend KEY!”

— Cheryl J.



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