



CHESTERTON
**PHYSICAL
THERAPY, INC.**
Great Health Through Great Physical Therapy

FEBRUARY 2022

February is American 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.

Physical therapy at Chesterton Physical Therapy 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.



**ARE YOU
TAKING CARE
OF YOUR HEART?**



CHESTERTONPT.COM



FREE

FITNESS PHYSICAL CHECK-UP

Are you are looking to get stronger, healthier, and more active in 2022? Start the year with a FREE Fitness Physical Check Up. We have a limited number of spots available so call today to schedule your FREE check up.

MICHIGAN CITY (219) 898-4360 | CHESTERTON (219) 926-9779
PORTAGE (219) 682-2990

HEALTHY RECIPE

VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)



DIRECTIONS In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>



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! Physical therapy is an excellent method to add additional physical activity to your daily routine.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity? Our team at Chesterton Physical Therapy 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!



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WORD SEARCH

See how many of the words below you can find.

- HEART
- HEALTH
- EXERCISE
- STRENGTH
- MUSCLE
- NUTRITION
- DIET
- STRESS
- ACTIVE

E	R	I	S	F	M	K	H	W	V
H	A	C	T	I	V	E	D	U	X
E	P	U	X	H	E	A	L	T	H
A	N	U	T	R	I	T	I	O	N
R	S	T	R	E	S	S	O	D	M
T	Y	K	K	V	K	M	A	I	U
U	Q	X	O	Z	U	R	M	E	S
S	T	R	E	N	G	T	H	T	C
E	E	X	E	R	C	I	S	E	L
K	M	P	Z	K	I	B	I	T	E

EXERCISE ESSENTIALS

Try this simple exercise to strengthen your core...

Plank Forearms & Feet

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT!

Chesterton Physical Therapy NOW OPEN IN PORTAGE!

3190 Willowcreek Road, Suite A
Portage, IN 46368



Call today to schedule your appointment!
(219) 682-2990



Thank You!
to everyone
who attended
our opening.



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MICHIGAN CITY

320 Dunes Plaza
Michigan City, IN 46360
(219) 898-4360

CHESTERTON

425 Sand Creek Dr N #C
Chesterton, IN 46304
(219) 926-9779

PORTAGE

3190 Willowcreek Rd, Ste. A
Portage, IN 46368
(219) 682-2990



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Accreditation of

Ambulatory Surgery Facilities accreditation programs help facilities demonstrate a strong commitment to patient safety, standardize quality, maintain fiscal responsibility, promote services to patients and collaborate with other health care leaders.

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LOCATION
IN PORTAGE
NOW OPEN!**



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