



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

*Happy
valentine's
day*



February 2023

PHYSICAL THERAPY CAN KEEP YOUR HEART HEALTHY TOO.



The American Association for Accreditation of Ambulatory Surgery Facilities accreditation programs helps facilities demonstrate a strong commitment to patient safety, standardize quality, maintain fiscal responsibility, promote services to patients and collaborate with other health care leaders.

HOW PT CAN HELP

PT ANNUAL
EXAM

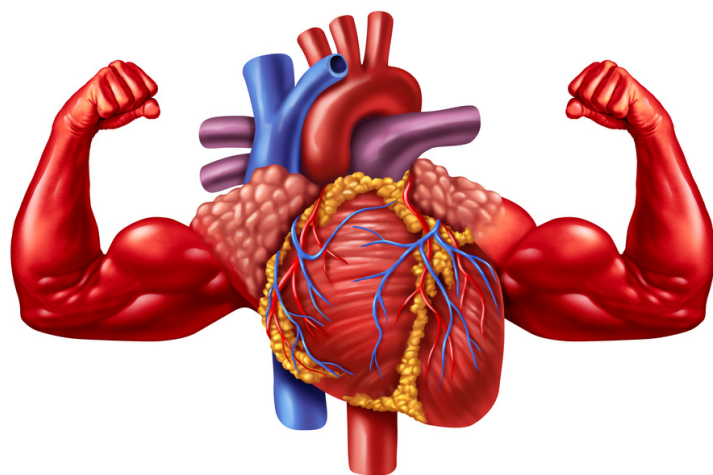
HEALTHY RECIPE





HOW PHYSICAL THERAPY CAN HELP WITH YOUR HEART HEALTH

Physical therapy can play an important role in helping you maintain a healthy heart by designing exercise and movement programs that address your specific needs and conditions. It can help control weight, lower blood pressure, reduce stress, and prevent heart disease.



If you're regularly going for a run or swimming laps, you don't need help from your PT. But 3 out of 4 adults aren't exercising regularly. If you'd like to get started, your PT may be just the person to help you. It's not uncommon to get injured, then never get back to your old routine. Your PT can help you deal with the old injury and design a plan to get you safely back to regular activity.

You can evaluate your performance and goals for this year after getting your Fit Factor score today.

HERE ARE SOME WAYS **PHYSICAL THERAPY** CAN HELP

- **Improving Cardiovascular Fitness:** Physical therapists can design exercise programs that improve your heart health by increasing your cardiovascular endurance and reducing your risk of heart disease.



- **Managing Chronic Conditions:** For those with chronic heart conditions, physical therapists can provide guidance on safe and effective exercises to help manage symptoms and reduce the risk of further heart problems.



- **Monitoring Heart Rate:** Physical therapists can monitor your heart rate during exercise and make adjustments as needed to ensure you are working at a safe and effective level for your heart health.



- **Reducing stress:** Exercise and physical activity can reduce stress and anxiety, which can have a positive impact on your heart health. Physical therapists can design exercise programs that help manage stress and promote relaxation.



- **Improving overall health:** Physical therapy can improve overall health by addressing conditions that may contribute to heart disease, such as obesity, high blood pressure, and high cholesterol.



HERE AT **CHESTERTON PHYSICAL THERAPY**, YOU WILL GET AN INDIVIDUALIZED EXERCISE AND MOVEMENT PROGRAM THAT IS DESIGNED TO HELP KEEP YOUR HEART HEALTHY AND REDUCE YOUR RISK OF HEART DISEASE.

VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT

CHESTERTONPT.COM



Our Physical Therapists can also help you safely increase your activity levels after major medical issues like a heart attack, stroke, or even cancer. Recent research has shown improvements in cardiovascular fitness, fatigue levels and even pain in cancer patients who participate in a personalized physical fitness plan from a PT.

YOUR PT CAN **HELP!**

Whatever your barriers to physical activity are, our PT can likely help you overcome them. As movement experts, our physical therapists are trained to deal with a variety of conditions. They'll help you work around whatever issues you have so you can safely elevate your heart rate and keep cardiovascular disease away.

Our physical therapists will empower you to overcome any obstacle and reach your heart health goals. With a tailored approach, we ensure a safe and effective journey towards a healthier heart.

Trust us to be a partner in your heart health success!



STAY **HEART-HEALTHY WITH PHYSICAL THERAPY:**
MOVE BETTER, LIVE BETTER

VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT

[CHESTERTONPT.COM](https://www.chestertonpt.com)

HAPPENINGS at Chesterton PT this month!

National Fun at Work Day 2023



PLAN YOUR ANNUAL PHYSICAL EXAM AT CHESTERTON PHYSICAL THERAPY AND GET YOUR FIT FACTOR SCORE TODAY!

Through an Annual Physical Therapy Exam, you can plan your whole year's movement and exercise goals through proper guidance that what suits you best!

Seeking the help of a Physical Therapist is easy and does not require you to go to your doctor first.

SCHEDULE Your Annual PT Exam Today..!!



DR. DIMPLE SINGH
PT, DPT, PRESIDENT

Dr. DIMPLE'S ADVICE for **FEBRUARY**

Do what makes your heart happy!

EMP = 3 keys to happiness

Engagement (E)- Be interested in your activities and connected to others .

Meaning (M)- Feel and know that what you do matters for a meaningful life

Pleasure (P)- Do the things you enjoy .

I like to be engaged with my family both at home and at the clinics, I know what I do everyday is making a difference in lives of others even if it's one life at a time and that is what brings most pleasure and happiness to me.

HOW DO YOU KEEP YOUR HEART HAPPY?

VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT

[CHESTERTONPT.COM](https://www.chestertonpt.com)

TRY THIS **HEALTHY** RECIPE

SMOOTHIES BOWL

Ingredients

- 2 plums, pitted and sliced
- 2 nectarines, pitted and sliced
- 2 peaches, pitted and sliced
- 2 to 3 apricots, pitted and sliced
- 1 cup blueberries
- 1 cup blackberries
- 2 teaspoons honey
- 1/3 cup fresh orange juice (from 1 orange)
- 1/2 cup small fresh mint leaves
- 1 apple for dressing

Directions

- Toss ingredients together in a large bowl. Let sit at least 15 minutes before serving.



Refer-A-Friend!

Who Do You Know That Needs Our Help?

If you know someone who may benefit from our style of Physical Therapy, please pass along this newsletter. We will send them information about how we might be able to help them.

Click the link to visit the page on website

[REFER A FRIEND](#)

Our 3 Convenient Locations

CHESTERTON

425 Sand Creek
Dr. N #C
Chesterton, IN 46304
Ph. No. (219) 926-9779

MICHIGAN CITY

320 Dunes Plaza
Michigan City
IN 46360
Ph. No. (219) 898-4360

PORTAGE

3190 Willowcreek
Rd Suite A
Portage, IN 46368
Ph. No. (219) 682-2990

REQUEST AN APPOINTMENT

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