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**KEEP YOUR HEART HAPPY
WITH THESE SIMPLE TIPS**
*Improving your heart health is
easier than you think!*

Did you know that February is Heart Month? Whether you've been diagnosed with high blood pressure or simply want to increase your cardio endurance, this is the perfect time of year to start thinking seriously about the ways you can improve your heart health—and Foundation Physiotherapy & Wellness is here to help!

Proper heart function is crucial to your survival, but 2.6 million Canadian adults are affected by heart disease, making it the second leading cause of death in this country. The good news is that heart disease can be prevented by making a few simple changes, like exercising more, eating healthfully, and reducing stress.

While getting into the habit of these changes might be challenging at first, the physiotherapists, massage therapists, chiropractors, psychotherapist and naturopath at Foundation Physiotherapy & Wellness are here to help you improve your heart health.

Whether it's developing a new exercise program, helping you reduce stress and find mental clarity, or offering a soothing massage, we would love to celebrate Heart Month with you!

Call today to request an appointment with one of our specialists to learn more about keeping your heart healthy!

Five Ways to Celebrate Heart Month This February

Lifestyle is a major component of heart health. When you make less-than-healthy choices regarding food or movement, plaque builds up in your artery lining, which can eventually lead to a heart attack or stroke. By working to minimize that plaque buildup, you decrease your chances of heart disease.

To celebrate Heart Month, try these five tips to make your lifestyle healthier—and your heart happier!

1. Get Your Heart Rate Up

Cardio exercises like walking and biking strengthen your heart by putting it to work! Exercise also improves mood and decreases mental stress, making it an excellent choice for overall wellness.

2. Lift Some Weights

Strength training builds muscle and strengthens the body, helping with injury prevention and overall health. Start small and build up over time—our physiotherapists will be glad to show you how!

3. Take Some Time to Stretch

Regular stretching and mobility work are a big part of staying physically active—and the more physically active you are, the happier your heart is. A physiotherapist can show you what stretches and mobility exercises are right for you.

4. Cook a Healthy Meal

Celebrate Heart Month with healthy, delicious meals centered around fruits and vegetables, whole grains, lean meats, and healthy fats like olive oil. Fried and processed foods, trans fats, and excessive sugar and sodium are no good for hearts, so keep them to a minimum!

5. Get a Massage

Besides physical lifestyle factors, stress plays a major role in diminished heart health. Massages help lower blood pressure and reduce stress, making them a great addition to a heart-healthy lifestyle. One of our registered massage therapists would love to help you destress.

While there are many ways to decrease stress in your day-to-day life, such as getting enough sleep or exercising regularly, a massage is a great way to treat yourself this Heart Month!

The Role of Physiotherapists in Heart Health

Physiotherapy offers a variety of resources for those looking to improve their heart health. At Foundation Physiotherapy & Wellness, we take a full-body approach, and our team of experts will work together to help you with every aspect of heart health, whether it's increased exercise or stress reduction strategies.

We'll begin by performing an evaluation of your overall health status. If you're experiencing any pain or mobility issues that might make exercise difficult, our physiotherapists can provide treatment to help get you moving (and get your blood pumping). We can also work with you to develop exercise programs to improve your strength, cardio endurance, and flexibility.

Our psychotherapists can guide you through challenging spots in your life. In addition, we're available to help with stress management! Our massage therapy program is a fantastic way to loosen up your muscles, relax, and destress, making it an excellent form of heart-conscious self-care in February—or any other month of the year.

Celebrate Heart Month with Foundation Physiotherapy & Wellness and Request an Appointment Today!

At Foundation Physiotherapy & Wellness, our goal is to work with you to determine the best way to live your healthiest life possible—both physically and mentally.

This Heart Month, schedule an appointment to learn more about how you can improve your heart health with exercise, massage, and our full-body approach to heart health!



Sources: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html>; <https://jamanetwork.com/journals/jama/article-abstract/2773280>; <https://www.nccih.nih.gov/health/massage-therapy-what-you-need-to-know>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2845>

The Foundation Journey to Living Better

Step 1: The Assessment

Did you know your knee pain could be coming from your hip, or even your back? Did you know that your elbow pain could be related to shoulder and postural issues? This is the value of the assessment and building a relationship with our clients to understand who they are from top to bottom. Finding out the root cause and other contributors can lead to better treatment plans and more successful outcomes beyond pain relief.

It is recommended you get reassessed by a physiotherapist or chiropractor regularly (at least twice a year) to manage or prevent issues that may arise from your sport, job or daily habits.

CLIENT SUCCESS STORY

"Due to a car accident, I have been doing physio with **Mackenzie Holden who has been fantastic**. She has helped me reduce the problems I have been facing and taught me more about how the body works.

She's so good that I did bike fit / physio with her too. Sure, you can buy a new bike to get faster or you can go to Mackenzie who will make your ride more comfortable AND you go faster!"

— *Daryl G.*



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AT-HOME EXERCISE

THORACIC/CHEST OPENER

This is a great exercise to open up your chest and keep your heart pumping after a long day of sitting or bending.

Get on your hands and knees. Lift up your arm to the side, straighten it and rotate your trunk and chest towards that side, pointing your fingers to the ceiling. Hold for 2 deep breaths and return to the floor. Repeat 5 times on each side.



STAFF SPOTLIGHT

MACKENZIE HOLDEN, PT, MScPT
Registered Physiotherapist, Cycling Consultant



Hi, I'm Mack and I've been lucky enough to work with the Corktown community for over two years! I pride myself in practicing what I preach and challenging myself to new goals.

Whether its cycling, fitness, yoga, or running (my former enemy), I like to learn about different ways to get moving by trying them out... even if that means I'm a perpetual newbie! P.S. I love cats... but don't hold that against me.

BOOK WITH MACK

