



# Are You Taking Care of Your Heart?

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## Losing Breath Going Up The Stairs?

# Physical Therapy Can Help With Heart Disease

Have you been diagnosed with high blood pressure? Do you get out of breath going up a flight of stairs? Your heart is vital to your survival. At Achieve Therapy, our therapists understand how important it is to address underlying issues and create a plan to help prevent injury and disease. Heart disease is the number one cause of death in the United States, accounting for one in four deaths each year. Fortunately, most forms of heart disease are preventable by making lifestyle changes, including exercising, practicing good nutritional habits, and reducing stress in your everyday life.

February is American Heart Month. Our team at Achieve Therapy can help improve your heart health by helping you learn how to eat a well-balanced diet, exercise regularly, and avoid anything that can cause damage to it. Request an appointment with one of our specialists to learn how to keep your heart healthy!

### *Tips for better heart health*

Taking action and maintaining a healthy lifestyle will assist you in making sure your heart is healthy. When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. Plaque forming in your arteries is the cause of heart attacks and strokes. 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. Exercising regularly can help you lose weight, reduce your stress and improve your mood.

**Participate in strength training:** Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques. Maintain mobility of the joints and muscles: Regular stretching and mobility work keeps you active and makes you feel better. The more active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.

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# Tips For Better Heart Health

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**Eat healthy meals:** Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.

**Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. The less stressed out you are, the less tension and stress you place on your heart. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation.

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.

## What to expect in physical therapy

If you're looking for a safe way to improve your heart health, physical therapy is a great option. At Achieve Therapy, our team of experts can play a leading role in preventing, reversing, and managing heart-related conditions. Our therapists can help you improve your heart health by advising you on lifestyle adjustments that include daily exercises, nutrition, and stress reduction strategies based on your individual needs.

Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. We perform a thorough evaluation that includes your overall health status to create an exercise plan that ensures



you're getting as much physical activity as you can throughout the day. This will consist of treatments to address any injuries you may have and to help prevent other health issues. We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up. Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future. Our goal is to incorporate activities to improve your heart health so you can enjoy your life!

## Request an appointment today

Caring for your heart is just as important as caring for any other part of your body. For American Heart Month, our team at Achieve Therapy can help you get back into shape safely and healthily! Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!

Sources: <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2845247/>

## Exercise Essentials

### KNEE SQUAT

Start by kneeling on a foam pad with your butt on your heels and your torso standing tall. Drive your hips forward to go into a tall kneeling position with your hips locked out; hold a few seconds then lower back to kneeling with control. 3 sets, 10 reps.

*Strengthens knee muscles.*



## Patient Success

"Achieve Therapy has the greatest physical therapists you will find anywhere, hands down. I'm grateful they take my BCBS of ND insurance so I am not locked into going to another physical therapist's office. In a world of using the medication as a bandaid for pain, Achieve will help rather than harm your internal organs. On your first visit, you will be greeted by one of the friendliest of the staff. After checking in, you take a survey to determine the areas needing improvement to live your best life. Afterward, your therapist does an assessment to see the level you are functioning at. They then listen and address all concerns to improve every physical aspect of life possible, all with gratitude and grace. Throughout your treatment period progress is tracked as more goals are created to help you achieve your desired level of movement. The physical therapists at Achieve are extremely encouraging and caring. If any movement is not comfortable, they want you to let them know so you have a limited/pain-free experience. Think of them as setting goals of progress with no pain rather than the old slogan, 'no pain, no gain'. The latter is the opposite of their methods of treatment. You leave feeling better each time than you did coming in the door."



# Staff Birthdays & Work Anniversaries



## February Celebrations for Our Staff

### Staff Birthdays

Kindra Bergrud – February 1st  
Lacey Wilcox – February 1st

Tracey Kelley – February 2nd

### Work Anniversaries

None for the month of February

**We wish our staff a happiest birthday and celebrate their contributions to our patients and community!**

## February Fitness Member of the Month



### Meet Pat our February Fitness Member of the Month!

**Fitness centers you attend:** S. Columbia

**Favorite thing about Achieve Fitness:** The friendly staff and people.

**Favorite fitness class:** I do not do the classes. I prefer to do the machines! It is a great place to exercise!

## 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
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

#### Directions

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, 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>



## Staff Spotlight

### Meet Matti!

Matti started with Achieve in 2010 and is the receptionist in East Grand Forks. One thing she likes about working at Achieve is seeing the patients feeling better from one visit to the next. Matti lives in Grand Forks with her husband Ryan, daughter Lydia and 2 cats Buster and Sam. In her free time she likes baking and playing with Lydia. She also enjoys volunteering in the church nursery and spending time outside when it's not so cold!





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