



Are You Taking Care Of Your Heart?

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Are You Taking Care Of Your Heart?

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 Choice 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.

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.



Visit www.ChoiceTherapy1.com to read success stories, or start your success story by scheduling an appointment or free screening at Choice Therapy!

Choice Therapy

Physical • Occupational • Speech

BEMIDJI

3835 Supreme Court NW

Bemidji, MN 56601

P: (218) 444-8280

Clinic News!



Bemidji Administrative Assistants Sara Hoffman and Billing Monica Swanson

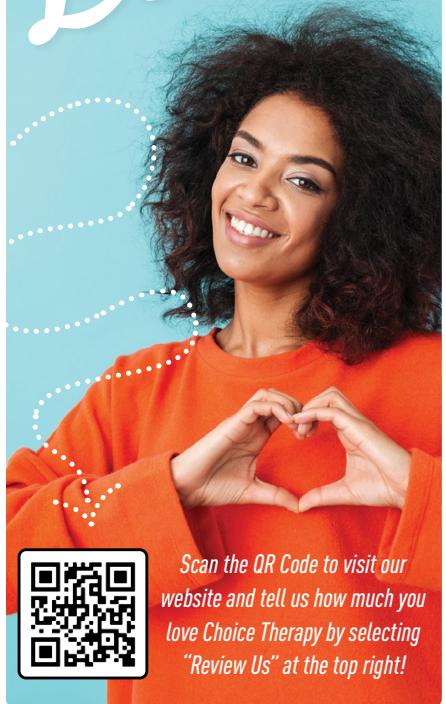


Bemidji Clinic Amanda Corcoran, Kayla Eustice, Marlee Westrum, and Tara Klaers all showing their love for Heart Health Month

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Show Us Some Love!



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BAGLEY

Located on HWY 2
118 Central St. W,
Bagley, MN
P: (218) 694-3030

GONVICK

226 Elm St.
Gonvick, MN
P: (218) 694-3030

Did You Know That Choice Therapy Offers Speech Therapy?

CHOICE THERAPY APPROACH

- Offer Speech Therapy for pediatrics and adults
- Vast knowledge of communication disorders from birth to geriatrics
- Flexible scheduling/working longer hours to accommodate family's busy schedules
- Family education built into every session to allow your loved one to continue working on skills at home and making progress towards goals
- Extensive knowledge with academic based goals and ability to effectively target those in therapy to increase their academic skills

CHOICE THERAPY - SPEECH SERVICES

- Articulation and Phonological Disorders
- Fluency disorders
- Swallowing and feeding disorders
- Oral motor skills
- Language disorders
- Cognitive deficits
- Autism Spectrum Disorders
- Auditory processing disorder
- Augmentative and Alternative Communication (AAC)
- Social Skills
- Apraxia

CHOICE THERAPY - ADULT SPEECH SERVICES

- TBI
- Dyshagia
- Stroke
- Cognition



FEATURED SPEECH THERAPIST: KIRSTEN LANDMARK, SLP

Kirsten was born and raised in International Falls, MN. She graduated with her Master's Degree from the University of North Dakota in 2014. After two years in the school setting, she joined Choice Therapy full-time in July of 2016. She enjoys working in a variety of settings with individuals of all ages. In her spare time, she enjoys spending time with her husband, family, and friends, fishing, camping, traveling, and cooking/baking.

Feel Better By Eating Better!



HEART HEALTHY HUMMUS

- 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

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



7 Tips For Better Heart Health!



1. AIM FOR LUCKY NUMBER SEVEN.

Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

2. KEEP THE PRESSURE OFF.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

3. MOVE MORE.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

4. SLASH SATURATED FATS.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

5. FIND OUT IF YOU HAVE DIABETES.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

6. THINK BEYOND THE SCALE.

Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.

7. CLEAN UP.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).

Choice Therapy

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BLACKDUCK

Located in the old telephone
company building
50 Margaret Ave
Blackduck, MN 56630
P: (218) 835-3425

KELLIHER

Located in the old school
243 Clark Ave N
Kelliher, MN 56650
P: (218) 647-9569

Our Specialties

Treating Adults & Children



Physical Therapy - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.



Occupational Therapy - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.



Speech Therapy - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!

The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals.

You have the right to choose your therapy provider. We want to be YOUR CHOICE. Ask for Choice Therapy.

**Call Today To SCHEDULE
YOUR APPOINTMENT!**



Physical Therapy Can Help You Take Care Of Your Heart

If you're looking for a safe way to improve your heart health, physical therapy is a great option.

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 play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own!

Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.

Every program Choice Therapy designs is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle.

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.

LOVE YOUR HEART, LOVE YOUR LIFE

This month is all about loving and appreciating others, but don't forget to take care of yourself!

Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one, so you must look after it properly! Physical therapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

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

www.choicetherapy1.com



THERAPY CAN AID IN POST-COVID19 RECOVERY

Here at Choice Therapy, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

We want to inform you that the patients recovering from COVID-19 at our clinic are no longer sick or contagious, and we are still taking the necessary precautions to prevent the spread of the virus.

If you are experiencing lasting side effects of the virus, contact our clinic to learn more about how our physical, occupational, and speech therapists can aid in your recovery.

HOW CAN THERAPY HELP WITH RECOVERY?

Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia,

asthma, bronchitis, amyotrophic lateral sclerosis (ALS), and others.

Regardless of what the cause for your condition is, our physical, occupational, and speech therapists at Choice Therapy can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- Balance and gait training
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Restoring muscle strength

Speech/language therapy for damage caused by mechanical ventilation (such as injuries from breathing tubes to vocal cords, or deconditioning of the muscles needed for swallowing)

GETTING ON THE ROAD TO RECOVERY

It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. Call our clinic today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.