



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER. RECOVER FASTER. STAY IN THE GAME
FEBRUARY 2021



GET YOUR **HEART** HEALTHIER

- CELEBRATE HEART
- HEALTH MONTH WITH
- SIMPLE HEALTH TIPS

INSIDE:

- Physiotherapy & Heart Health
- Beat The Cold With Exercises To Do Indoors

- Staff Spotlight





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FEBRUARY IS HEART-HEALTH MONTH

CELEBRATE HEART HEALTH BY PRACTICING THESE SIMPLE HEALTH TIPS

- 1. Aim for lucky number seven.** Young and middle-age 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. Ditch the cigarettes, real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well.

E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.

- 8. 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).



PHYSIOTHERAPY & HEART HEALTH



Are you as healthy as you could be? For most people with chronic ailments such as diabetes, heart disease, arthritis and pain, walking, let alone exercising can be difficult enough. With inactivity, these chronic diseases lead to a downward spiral of worsening health and the need for more aggressive medication management.

Numerous studies demonstrate the power of activity in reducing a multitude of symptoms and improving long-term health. Not only does this improve the your response to treatment, but allows for the reduction of medications and prescriptions.

Physiotherapy is the unique medical treatment that works to improve your ability to move, be functional, and improve systemic health. By improving joint mobility, strength, and cardiovascular endurance, you can better manage disease, leading a more active and healthy lifestyle.

For more information about improving your health and becoming more active, contact us. Schedule your appointment by calling (905) 847-5227 or visiting our website at www.leapsoundsrehab.ca today!

HELP US HELP OUR COMMUNITY!



Last month we raised money in support of "Oakville Hospital Foundation". This month we're supporting Heart&Stroke. Click [here](#) for more information!

DO GOOD – LEAVE US A REVIEW TODAY!

LET'S GET SOCIAL!

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



Contact Us For Your Appointment Today! (905) 847-5227 • info@leapsandbounds.ca • [f](#) [@](#) [t](#)

BEAT THE COLD WITH EXERCISES TO DO INDOORS

Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Jump rope
- Jumping jacks
- High knees
- Mountain climbers
- Burpees

We are here to help you with your needs, whether in person or virtually, contact us today or visit us [HERE](#) for information about our Virtual Rehab!



STAFF SPOTLIGHT



PAULO PEDROSO, RMT

Paulo graduated from Medix College's Massage Therapy Program in 2017. After experiencing several injuries as an athlete himself, Paulo developed a passion for health and fitness, which first led him to become a certified personal trainer. This gave him the basic knowledge of biomechanics and exercise. However, Paulo continued to search for more, so he decided to further his education and become a registered massage therapist. This gave him an appreciation and understanding of the human body and how it deals with musculoskeletal conditions.

When treating his patients, Paulo's goal is to utilize his expertise and experience so that his patients too may have resources and tools to help themselves on their current health path.

Paulo is a big believer that prevention is the solution, which can help people avoid medications and invasive procedures.

In his free time, Paulo enjoys working out at the gym, playing basketball, dancing, and watching television series while hanging out at home or with friends and family.

