

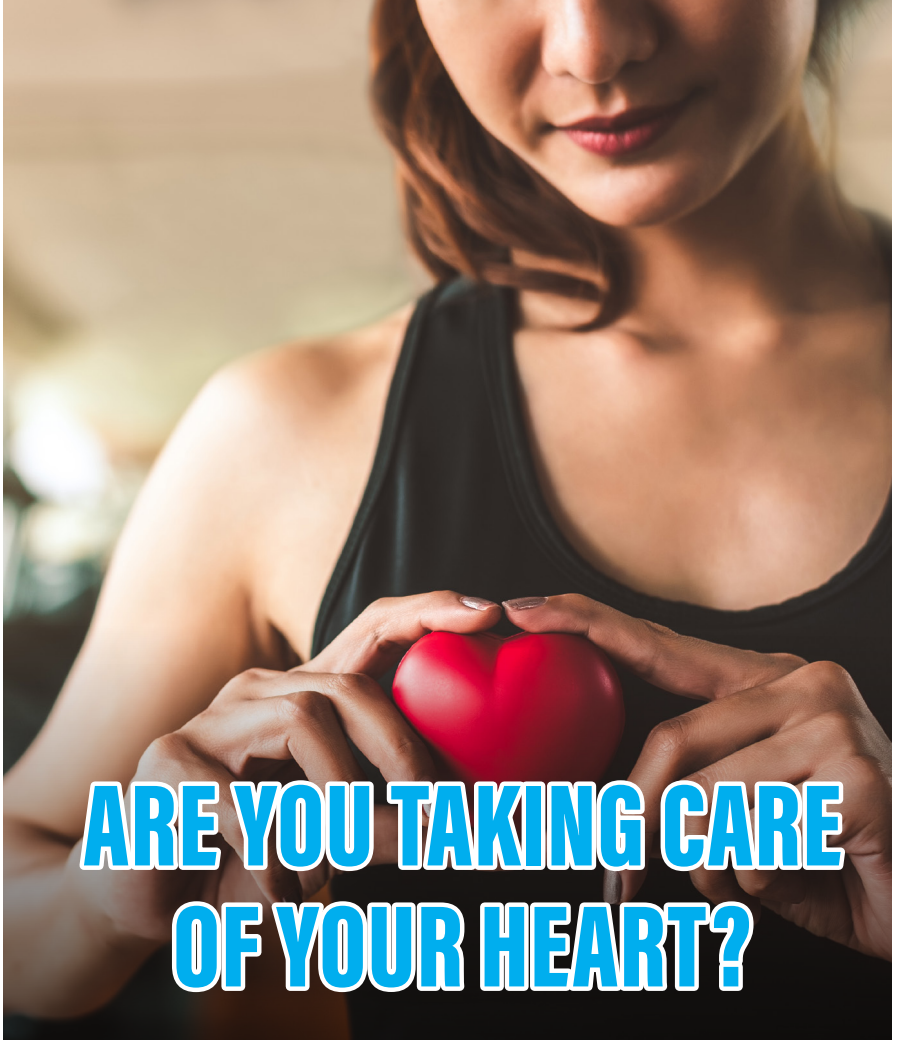


LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

FEBRUARY 2023



ARE YOU TAKING CARE OF YOUR HEART?

INSIDE:

• Improve Your Heart Health With
Leaps & Bounds

• Know The Signs—Heart Attack
• Help Us Help Our Community





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ARE YOU TAKING CARE OF YOUR HEART?



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, but did you know that cardiovascular exercise also assists in the recovery of your musculoskeletal conditions? At Leaps & Bounds, our therapists understand how important it is to address the cardiovascular system, whether you have an underlying heart issue or not, and they will create a plan that encompasses your body as a whole.

Heart disease is the second leading cause of death in Canada, accounting for 14 deaths per hour in those aged 20 and over. 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, and this has been reflected in an overall decline of heart disease-related deaths of 21% since the year 2000.

February is HEART month in Canada. Our team at Leaps & Bounds can help improve your heart health by educating you about eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it. Request an appointment with one of our therapists to learn how to keep your heart healthy!

5 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.

Here are 5 simple ways you can make sure your heart continues to perform at its best:

- 1. 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.
- 2. 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.
- 3. 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.



IMPROVE YOUR HEART HEALTH WITH LEAPS & BOUNDS

- 4. 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.
- 5. 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! Physiotherapy is an excellent method to add additional physical activity to your daily routine.

WHAT TO EXPECT WHEN YOU VISIT US

If you're looking for a safe way to improve your heart health, our team of experts can help play a leading role in preventing, reversing, and managing heart-related conditions. At Leaps and Bounds, our therapists can help you improve your heart health by advising you on lifestyle changes 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 bouts of exercise at therapy or on your own 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 Canadian Heart Month, our team at Leaps & Bounds 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!

Stop Living With Pain— We Can Help! Call Us Today!
(905) 847-5227!



HELP US HELP
OUR COMMUNITY!



This month we will be raising money for [Heart & Stroke!](#) We will donate \$10 for every Google review we receive!

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](#)

KNOW THE SIGNS—HEART ATTACK

In Canada each year, approximately 35,000 heart attacks occur, the large majority occurring in women, and a large proportion resulting in death. But many of those deaths can be prevented – by acting fast!

Some heart attacks are sudden and intense, while others are more subtle. So recognizing the signs and symptoms of heart attack is critical. Here are some of the signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** May occur with or without chest discomfort.
- **Other signs:** These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to have some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

WHAT SHOULD I DO IF I SUSPECT A HEART ATTACK?

Even if you're not sure it's a heart attack, immediately call 9-1-1 or your local emergency medical services (EMS) such as the fire department or

ambulance. EMS staff can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

WHY DON'T PEOPLE ACT FAST ENOUGH?

Many people having a heart attack wait more than two hours before getting help. Some people feel it would be embarrassing to have a "false alarm." Others are so afraid of having a heart attack that they tell themselves they aren't having one. These feelings are easy to understand, but they're also very dangerous. If you or someone close to you shows signs of a heart attack, call 9-1-1 and get help right away!

HOW CAN I HELP TO AVOID A HEART ATTACK?



Don't Smoke



Blood Pressure Control



Eat Healthy Foods



Avoid Alcohol



Maintain A Healthy Weight



Exercise Regularly



Blood Sugar Control

PATIENT SUCCESS SPOTLIGHT



LEAPS & BOUNDS
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I went to Prabhav for help with pain in my anterior tibialis/around my foot and ankle, which was caused by running. After a thorough initial assessment, he worked with me for several months, providing me with treatment both for the immediate injury and to prevent future injury. At every appointment, he was thorough and worked with me on a plan I could comply with, and readily listened to feedback to adjust treatment. In addition, the office staff were friendly, welcoming and efficient. I fully recommend!

— Rick D.

