

**NEWSLETTER**  
**FEBRUARY 2023**



# **Health and Wellness For The New Year**

**INSIDE:**

**TIPS FOR BETTER  
HEART HEALTH**

**INDOOR  
EXERCISES**

**WHY CHOOSE  
KINECT PT**

# NEWSLETTER

## FEBRUARY 2023



# Kinect

PHYSIOTHERAPY



## 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. At Kinect Physiotherapy, 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 Kinect Physiotherapy 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.

*Continued inside.*

## INSIDE:

- Tips For Better Heart Health
- Indoor Exercises
- Why Choose Kinect PT

## SEASONAL RECIPE

### VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE



### INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

### DIRECTIONS

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

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**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.

**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! Physiotherapy is an excellent method to add additional physical activity to your daily routine.

## WHAT TO EXPECT IN PHYSIOTHERAPY

If you're looking for a safe way to improve your heart health, physiotherapy is a great option. At Kinect Physiotherapy, 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 physiotherapy 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 Kinect Physiotherapy 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/>

# INDOOR EXERCISES

Now that the weather is cooling down, is it feeling harder and harder to get outside and exercise? Do you find yourself staying in bed longer, cozying up under the blankets instead of working out?

This is a common struggle, but don't let winter prevent you from getting active! There are many exercises you can do in the comfort of your own home to maintain your fitness levels. In fact, here's a list of 5 exercises that can be done indoors so that you can stay fit this winter!

## 1. Yoga

Did you know that there are over 100 types of yoga? That's right! There's truly no shortage of ways to participate in this healthy activity. Most yoga sessions include breathing exercises, meditation, and poses that stretch and flex various muscle groups.

Not only does yoga improve your flexibility and muscle tone, it has been shown to help with your mental health!

## 2. Push-ups

Traditional pushups can help you develop upper-body strength. This exercise targets the triceps, pectorals, and shoulders. They can also strengthen the lower back and core by engaging the abdominal muscles. The best part about this exercise is that it doesn't require any equipment!

## 3. Planks

Performing both side and front-facing planks has many benefits, including strengthening our cores. Practicing planks on a regular basis has been shown to improve posture, flexibility, balance, and coordination.

## 4. Squats

Squatting helps strengthen your lower body. This exercise specifically targets your glutes and quadriceps, though your hips, core, calves, and hamstrings all benefit from this movement.

## 5. High-intensity interval training (HIIT)

Do you not have a lot of spare time in your day? If so, HIIT is perfect for you! During a HIIT workout, you work out hard and fast for a short period of time, then rest.

HIIT is also great for burning a lot of calories in a short period and raising your metabolic rate. Examples of exercises you may do as a part of HIIT include jumping jacks or lunges.



 **Kinect**  
PHYSIOTHERAPY



## STAFF SPOTLIGHT



### Leslie McPeters, PTA

Leslie graduated from Caldwell Community College and Technical Institute with an A.A.S. Physical Therapist Assistant degree. She has been practicing physical therapy since 2000.

She has experience in orthopedics, chronic pain, CVAs, post-operative rehab, balance and proprioception, manual therapies, and sports injuries.

Leslie is a trained provider of the Graston technique.

## Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



## PATIENT SUCCESS

**"Kinect Physiotherapy is absolutely the best place to go for your rehabilitation."**

Kinect Physiotherapy is absolutely the best place to go for your rehabilitation. I have worked with three of the therapists on staff for three different Ortho rehabs and each one has given me personal, considerate, professional attention to get me back to health. They only work with one patient at a time and give you their undivided attention. The exercise program that they make is personalized for your case and they patiently guide you each step of the way. Everyone in the practice from the front desk staff to the therapists are kind caring professionals. They know what they are doing and do it really well.

-Tessa S.

## COME BACK TO PHYSIO

**WHY YOU NEED TO COME BACK IN FOR A TUNE UP:**

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

**WAKE FOREST, NC**  
(919) 568-5035

**KNIGHTDALE, NC**  
(919) 759-6532

