



Trilogy

FEBRUARY 2022

# NEWSLETTER

Your Resource for a Healthy Lifestyle

## SHOW YOUR HEART SOME LOVE



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FEBRUARY 2022

# NEWSLETTER

Your Resource for a Healthy Lifestyle



## ARE YOU TAKING CARE OF YOUR HEART?

**Grand Island**  
(716) 773-4323

**West Seneca**  
(716) 675-4444

**Kenmore**  
(716) 871-1100

**Wheatfield**  
(716) 695-7848

**Buffalo**  
(716) 431-5141

**F**EBRUARY 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 Trilogy 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.

*Call one of our convenient locations TODAY to schedule your return appointment!*

# WE 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. Our therapists and Exercise Specialists work with you to prescribe appropriate exercises and stretches.

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 we design is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our program. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your 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 Trilogy 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!

## COME BACK TO PHYSICAL THERAPY TODAY!

HAVE YOU SEEN OUR M.O.G.?  
REQUEST A TOUR TODAY!



## HEALTHY RECIPE VEGETARIAN CHILI

### Ingredients:

- 1 tsp garlic-herb, salt-free seasoning blend
- 1 tsp ground cumin
- ½ tsp salt
- 15 oz can kidney beans
- 1 cup frozen mixed vegetables
- ¼ cup light sour cream
- Fresh cilantro (optional)
- ½ tsp chili powder (optional)
- 1 tsp canola oil
- 1 cup chopped onion
- 1 cup green sweet pepper
- 2 cloves garlic
- 1 tsp bottled minced garlic
- 14.5 oz can diced tomatoes
- 8 oz can tomato sauce
- 1 cup water
- 4½ tsp chili powder

**Directions:** Lightly coat an unheated large saucepan or Dutch oven with nonstick cooking spray. Preheat over medium-high heat. Add oil; swirl to coat bottom of pan. Add onion, sweet pepper, and garlic to hot pan; cook for 8 to 10 minutes or until pepper is tender, stirring often. If necessary, reduce heat to prevent burning. Add undrained diced tomatoes, tomato sauce, the water, the chili powder, the seasoning blend, cumin, and salt. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Stir in beans and mixed vegetables. Return to boiling; reduce heat. Simmer, uncovered, about 10 minutes more or until vegetables are tender. If desired, top individual servings with sour cream and/or cilantro and sprinkle with the chili powder.

## EXERCISE OF THE MONTH

### Helps To Strengthen Glutes.

### PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Repeat 10 times on each leg.



[mytrilogy.org](http://mytrilogy.org)

Always consult with your physical therapist before engaging in an exercise you are not comfortable with.

Exercises copyright of  
 SimpleSet Pro

# WHAT'S HAPPENING AT TRILOGY?



## JOIN THE CHECK IT! BLOOD PRESSURE CHALLENGE

FEBRUARY 1, 2022 - MAY 31, 2022

Commit to check your blood pressure at least once a week and win a gift certificate to a local business! Change to healthier habits, and control your blood pressure! See the Trilogy staff to get a log and get started!

Did you know we offer a **PLATINUM MEMBERSHIP**?

Our Platinum Membership includes:

- 8-30 minute personal training OR restore sessions a month (can mix-n-match)
- This membership is a great option for helping you determine the regimen that will be most effective in helping you to reach your goals. Each session is one-on-one and helps to keep you accountable and motivated.

## PARKINSON'S PROGRAM

We are excited to announce our Parkinson's Program at our Kenmore and West Seneca locations. Our LSVT certified physical therapists Marie Crawford (Kenmore) and Tiffany Cao (WS) will be providing free screens to evaluate eligibility into our Physical Therapy LSVT BIG program or the MOG's Boxing program. LSVT BIG is an intensive, effective, one-on-one physical therapy program created to help people with Parkinson's disease (PD) and other neurological conditions. This skilled program helps address activities such as walking, balance, and other functional activities like getting out of a chair through evidence based movement programming. MOG Boxing is a one-on-one exercise based program with our Exercise Specialists designed to promote gross motor movement, balance, core strength and rhythm to favorably improve range of motion, flexibility, posture, and activities of daily living through boxing.

**SCHEDULE A FREE SCREEN AT OUR KENMORE & WEST SENECA LOCATIONS!**



## 5 WAYS TO LOVE YOUR HEART

- 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.

**We need your help!** Would you mind taking a few minutes to share your Trilogy experience with the community? Center the QR code of your Trilogy location in the frame of your smart phone's camera to visit our Google Review page and share your success story. Your 5-star review helps us to change more people's lives! **THANK YOU** for your support!

GRAND ISLAND



KENMORE



WEST SENECA



WHEATFIELD



PTMOGTrilogy



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