



NEWSLETTER

Proudly Supporting Our Community

SMITHTOWN

FEBRUARY IS HEART MONTH

Raise awareness about the importance of heart health



CELEBRATING OUR 24th BIRTHDAY in SMITHTOWN!

In January 2000, Physical Therapy & Beyond opened our very first private practice to serve & heal the community. Our clinic offers patients comprehensive programs designed to treat women's & men's pelvic health, orthopedic, spinal & scoliosis, & pregnancy-related pains & conditions. Our main priority is to ensure a patient's comfort, well-being & safe recovery, having helped thousands resume normal, active lives.

GROW WITH US!

We are looking to train dynamic people for our team! Someone who is smart, personable, a detail-oriented problem solver & all-around customer service champion would fit the bill!

We're currently accepting resumes for

Physical Therapist Aide/Scribe, and Patient Service Representative aka Receptionist. Part-time with potential for Full-Time positions!

Email Resumes to Cindi@PTBeyond.com

We're so incredibly grateful to you for choosing Physical Therapy & Beyond and for referring your family and friends to us for the past 24 years!

Thank you so much for joining this journey of success! We look forward to the future path with you as we work together in improving your health, comfort & general well-being.

Patiently Taking One Step at a Time with You to Remind You That You're Greatly Appreciated!

Heart Racing No-Equipment Cardio

Our 10-Minute Routine to Kickstart Your Heart

Take it one step at a time & don't stress or fret! We're here for you if you get hurt or feel sore.

- 1 minute of Jumping Jacks**
- 1 minute of Side Kickers**
- 1 minute of High Knees**
- 1 minute of Jump Squats**
- 1 minute of Jumping Lunges**
- 1 minute of Chair Tricep Dips**
- 1 minute of Burpees**
- 1 minute of Mountain Climbers**
- 1 minute of Plank Jacks**
- 1 minute of Bicycle Crunches**

Pro Tip: Search YouTube for the exercise name + "cardio" to find helpful how-to videos for each of the kickstart activities above.

*** Your safety matters to us! Always seek the advice of your physician or other, qualified healthcare provider before starting any new exercise program.**

THIS VALENTINE'S DAY, WE'VE GOT YOU COVERED!

SURPRISE YOUR LOVED ONE with a GIFT CERTIFICATE for a RELAXING MASSAGE at



HealingHandsMT.com
Offers Indulgent Massage Modalities Sure to Treat Your Sweetheart!

FUN FACTS

- ♥ The iconic heart shape as a symbol of love is traditionally thought to come from the silphium plant, which was used as an ancient form of birth control.
- ♥ The average human heart is the size of an adult fist & weighs less than 1 pound.
- ♥ Your heart will beat about 115,000 times each day.
- ♥ The average human heart pumps about 2,000 gallons of blood every day.
- ♥ A woman's heart, on average, beats slightly faster than a man's heart.
- ♥ A man's heart, on average, is 2 oz's heavier than a woman's heart.
- ♥ The heart can continue beating even when it's disconnected from the body.
- ♥ The "cardiac conduction system" controls heart rhythm & is an electrical system.
- ♥ The sound of your heart beating is caused by the heart valves opening & closing.
- ♥ Laughing is good for your heart. It reduces stress & boosts your immune system.

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