



Arctic Physical Therapy Services, Inc.
813 Lower Mill Bay Road
Kodiak, AK 99615

Phone: 907-486-4499
Fax: 907-486-8211

Healthy Heart News

Quarterly Newsletter

April 2010

Keeping Your Heart and Mind Strong

Top 10 CV Exercises

1. Walking
2. Hiking
3. Bicycling
4. Running
5. Kayaking
6. Swimming
7. Aerobic classes
8. Stair Climbing
9. Rowing Machine
10. Cross-country skiing

Healthy Living

Cardiovascular (CV), or aerobic exercise, is any type of continuous activity that gets your heart working and can be sustained for 15-60 minutes. The American College of Sports Medicine recommends 3-5 days a week of CV exercise. These exercises work your heart and the larger muscles of your body. This type of exercise not only improves how your heart works but manages stress, improves mood, and can give you an energy boost.

CV exercises fall into two categories: **non-weight bearing** such as bicycling and swimming or **weight-bearing** where your feet and legs support your body, for example, hiking and running. Benefits can be found in either category. **Weight bearing** exercises are particularly useful to build

bone strength, especially in post-menopausal women or those with "brittle bones." **Non-weight bearing** exercises are typically much easier on the joints for those that have arthritis. Water aerobics can increase your metabolism, strengthen your heart and muscles and improve balance.



There are several types of cardiovascular exercises, so know your options and choose the exercises that are right for you. For optimal fitness, consider varying your workouts so that your body does not accommodate to one certain type of exercise. CV exercise is important in maintaining a healthy lifestyle and is just one element of a balanced fitness program. Once you have established your CV exercise program, add strengthening and stretching exercises.

For all of your therapy needs, see the professionals at Arctic Physical Therapy.

Dr. Todd Cook, DPT, STC

Dr. Suzanne Buie, DPT, STC

Doris Macy, MS OTR/L

Debbie Glover, L/PTA

Dianne Ibarra, LMT

"We Repair the World's Most Complex Machine."

Spotlight On: Dianne, Ibarra (Licensed Massage Therapist)

According to the Mayo Clinic, there are multiple benefits to receiving a massage, some of these include: decreasing pain and joint stiffness, increasing blood flow which increases tissue healing, and releasing painful trigger points. Dianne Ibarra, LMT specializes in deep tissue, sports and trigger point massage. She works closely with our therapists to provide comprehensive patient care that optimizes patient outcomes and success.

