

February Newsletter

February 2021 Volume 1, Number 2

- **February Heart Month**
- Clinic Closed Family Day
- **Text reminders**
- Covid 19 update



Accelerated Health & Wellness Centre

Mission Statement

healthy environment to accelerate our range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy

February is Heart Health Month

Interesting Heart facts:

- *The average human heart weighs between 6 and 11 ounces. The muscle is strong enough to pump up to 2,000 gallons — as much as a fire department's tanker truck — of blood through one's body every day.
- *The average heart beats between 60 and 90 times per minute, but this depends on a person's cardiovascular health and activity level. The more physically fit people are, the lower their resting heart rates will be.
- *Hormones released because of emotions and other stimuli affect the heart rate, which is why the heart was historically associated with emotions.
- *The heart can continue beating even when it's disconnected from the body
- *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

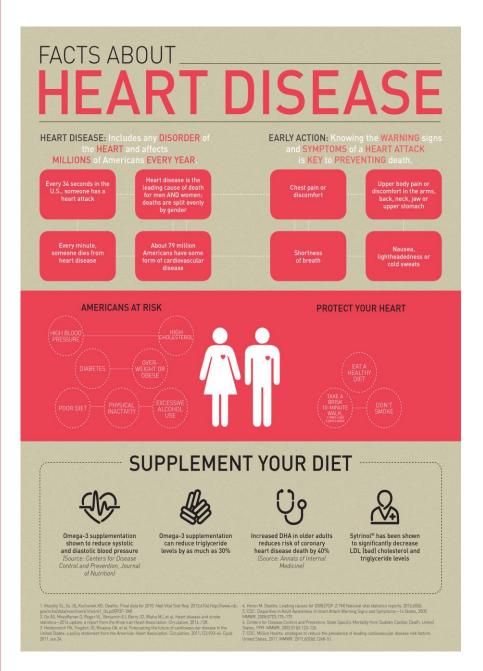
Ways to fight against Heart disease?

- *Exercise. That is, focus on your middle!. Research in the Journal of the Our mission is to provide a positive and American College of Cardiology has linked excess belly fat to higher blood pressure and unhealthy blood lipid levels. If you're carrying extra fat patient's health by incorporating a wide around your middle, eating fewer calories and exercising more can make a big difference.
 - *Laughter! Don't just LOL in emails or Facebook posts. Laugh out loud in your daily life.. According to the AHA, research suggests laughing can lower stress hormones, decrease inflammation in your arteries, and raise your levels of high-density lipoprotein (HLD), also known as "good cholesterol."

lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- <u>Physiotherapy</u>
- Chiropractic
- <u>Vestibular Rehabilitation</u> (Vertigo and Dizziness)
- Occupational Therapy
- Naturopathic Medicine
- Massage Therapy
- Concussion Management
- Laser Therapy
- <u>Acupuncture</u>
- Spinal Decompression
- Osteopathy
- Custom Orthotics
- Custom Sports Bracing
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counseling



The clinic will be **CLOSED** on February 15th 2021 for Family Day. We hope you all enjoy this day with your loved ones.



We are happy to announce that Accelerated Health and Wellness is now set up for Text messaging. Please make sure to provide your mobile number with the receptionists to start receiving appointment reminders, birthday wishes and more!



Coronavirus update;

We are currently in the grey zone lockdown; however this has not affected our clinic. We are still available to treat you. Please do not arrive any earlier than 5 minutes before your appointment time. Our waiting room and gym are currently closed to help reduce the spread of COVID-19.

Please be aware there are several new safety measures in effect.

Please sanitize your hands upon arrival; the administrator will direct you to the room. (newly installed plexi glass is at the admin desk – we appreciate payment via card). You will be asked to complete a COVID-19 questionnaire. If you have answered YES to any of these questions, we unfortunately will have to turn you away for treatment at this time. We are doing our absolute best in keeping our staff and patients safe.

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may

Thank you for taking the times to read our Newsletter.

As always, Go in Good Health!

Contact Us:

Accelerated Health &

Wellness Centre

130 Hwy 20 East , Unit A3

Fonthill Ont

LOS1E6

Office Phone (289)897-9099

www.acceleratedhealthcentre.com
info@acceleratedhealthcentre.com