

NEWSLETTER

February 2025

Heart Healthy Exercise Tips

February is American Heart Month—a perfect time to focus on cardiovascular health! Regular physical activity strengthens your heart, improves circulation, lowers blood pressure, and reduces the risk of heart disease. Here are some heart-healthy tips to get a safe and productive workout!

- **Aim for 150 Minutes:** Follow the American Heart Association's guideline of at least 150 minutes of moderate aerobic exercise per week.
- **Strengthen Your Heart:** Include heart-pumping exercises like brisk walking, biking, or dancing to improve cardiovascular fitness.
- **Don't Skip Strength Training:** Incorporate resistance training 2-3 times a week to boost metabolism and heart health.
- **Stay Consistent:** Make exercise part of your routine to maintain long-term benefits.
- **Hydrate:** Drink water before, during, and after workouts.

Physical therapy empowers you to embrace a heart-healthy lifestyle in a safe environment. Let Wellness 360 Physical Therapy guide you toward a stronger, healthier heart. Take the first step toward a stronger heart this February!

What's New Wellness 360



Big News Coming Soon!

We have been working very hard to make big things happen!
This month, we will be announcing some big news for Wellness 360 Physical Therapy and Massage!

So how do you find out what's happening?

- ▶ Follow us on Social Media
- ▶ Subscribe to our Newsletters



www.wellness360fitness.com



Parkinson's Choir



AT NAZARETH UNIVERSITY

Nazareth University's speech therapy and music therapy clinics are piloting a Parkinson's choir!

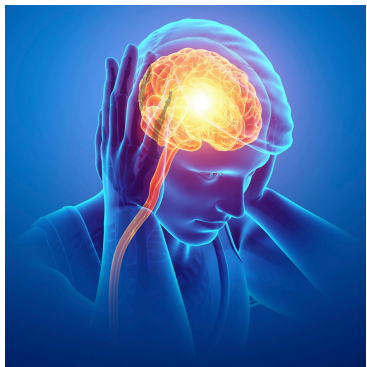
WHEN: Once a week on Tuesdays at 1:00 PM at Nazareth University

DATES: February 3rd – April 25th

Use singing to improve and maintain your voice!



If interested contact Jessie Preston at nc3clinic@naz.edu or (585) 389-2777



Trigger Point Therapy for Migraine Relief

Migraines can be debilitating, disrupting daily life and leaving sufferers desperate for relief. While medications and lifestyle changes are common approaches to managing migraines, many individuals are turning to less invasive modalities, such as trigger point therapy, to find lasting relief. But what exactly is trigger point therapy, and how can it help with migraines?

What Are Trigger Points?

Trigger points are tight, sensitive areas within a muscle that can cause pain in other parts of the body. They can form when muscle fibers contract excessively and fail to return to their relaxed state. These “knots” can lead to referred pain, where discomfort is felt in a different location from the trigger point itself. For example, a trigger point in the neck or shoulders might radiate pain to the head, contributing to migraines. A question often asked is, "Where do trigger points come from?"

- Muscle Overuse or Injury
- Poor Posture
- Stress and Emotional Factors
- Reduced Blood Flow
- Lack of Physical Activity
- Nutritional Deficiencies
- Nerve Compression or Joint Dysfunction
- Chronic Conditions include fibromyalgia, arthritis, or chronic fatigue syndrome. This is due to chronic inflammation.

The Connection Between Trigger Points and Migraines

Migraines are complex and can have various triggers, including hormonal changes, stress, and environmental factors. However, research has shown that musculoskeletal issues, such as trigger points, can also play a significant role. These trigger points can lead to muscle tension, restricted blood flow, and nerve irritation, all of which may exacerbate migraine symptoms.

Click the link below to read more!

There is an Author Amongst Us!



We are so proud to share that our very own Lynn Wilmarth has authored an inspiring book on her journey with Parkinson's Disease! ❤️

In this heartfelt memoir, Lynn takes us through her personal experience—from the first symptoms and unexpected diagnosis to the lessons, challenges, and victories she has encountered over the past 16 years. She shares tips, tricks, and most importantly, hope for those navigating life with Parkinson's.

Her story is a powerful reminder that Parkinson's does not define you—life goes on!

"My hope is that this book brings comfort to people hearing the words that I heard 16 years ago. "You have Parkinson's!"” Lynn Wilmarth

Order your copy by clicking the link below!



Samana Lake, PT, CYT, Dip. MDT
Rigo Concept-BSPTS Therapist

Congratulations Samana Lake The new Rigo Concept-BSPTS Therapist

She is now certified in the Rigo Concept with the Barcelona Scoliosis Physical Therapy School based on the original Schroth Method.

This method focuses on the concepts of 3D spinal correction, breath expansion, muscle activation, and integration to empower patients to reduce scoliosis curve progression and improve postural alignment.

Call today to set up your initial evaluation

585-482-5060



2.22.2025 The Movement Begins With You

Parkinson's Revolution is an indoor cycling experience that combines passion, determination and community to generate awareness and advance our mission toward a cure—because every 6 minutes someone is diagnosed with Parkinson's disease.

JOIN US across the country for a high-energy ride, or if you can't join us in person, register for a virtual ride and cycle in your hometown or even in your own home.

Register today at
PDRevolutionNY.org

YMCA of Greater Rochester Schottland Family Branch,
2300 W Jefferson Rd, Pittsford, NY 14534

Event Start Time: 11:00 AM, Ride Time: 11:30 AM

Amy DiPrima, 585-398-7495,
adiprima@parkinson.org





ROCHESTER ATAXIA FOUNDATION

RAF

A CAUSE & A CURE

**MARCH MADNESS FUNDRAISER TO
BENEFIT THE ROCHESTER ATAXIA FOUNDATION**

- Location: Hot Shots - 1046 University Avenue, Rochester, NY
- Date: March 22, 2025
- Time: 5pm-9pm
- \$50 - includes 2 drinks and food (Bar Food)

*Tickets can be purchased at rochesterataxia.org
Raffles & squares available for purchase at the event*



www.wellness360fitness.com



Congratulations Lizzy and Lindsay

We're thrilled to announce that Lizzy and Lindsay have worked hard and successfully completed their certification in Lymphedema Therapy, specializing in Complete Decongestive Therapy!

Their dedication and expertise will make a huge difference in providing compassionate and effective care to those managing lymphedema



Lizzy Elkins, PT, DPT, CLT



Lindsay Perez,
Co-Owner, MSPT, CLT



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IN THE COMMUNITY

West Side PD Support Group

February 11, 1 pm - 2:30 pm
Chili Community Center
Contact: Mike Shafer
mws.shafer@gmail.com

East Side PD Support Group

February 12, 1pm - 2:30 pm
169 E Main St, Webster, NY
Contact Jo Zimmerman

Rochester Parkinson's Network
Living with Parkinson's: Select Legal Issues
February 15th, 2025, 11:00 am - 12:30 pm

Irondequoit Library
This event is free, but registration is
required at Rocparknet.org

Caregivers Support Group

February 25th, 4 pm - 5 pm
Webster Rec Center (1350 Chiyoda Dr)
Cost: **FREE** for all Caregivers, **NO** registration required

G.R.A.P.E

Living Well with M.S.
February 25 at 12:15 pm
Addison of Parklands
2000 Park Creek Lane, Churchville

585-482-5060