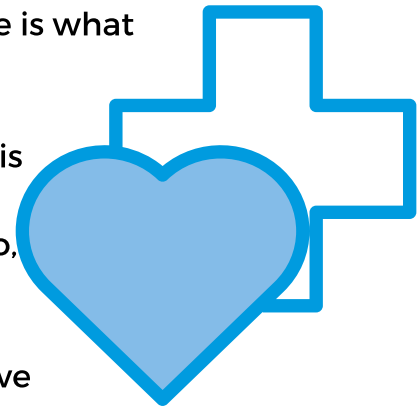


Heart Health

In honor of Valentine's Day in February and all things hearts, let's talk about heart health and steps you can take to improve yours.

7 Ways to Strengthen Your Heart:

1. Get moving- Your heart is a muscle and, as with any muscle, exercise is what strengthens it.
2. Quit smoking- One of the big risk factors of heart disease.
3. Set healthy weight loss goals- More than just diet and exercise, this is a lifestyle as well.
4. Eat heart healthy foods- Leafy greens, whole grains, berries, avocado, fatty fish.
5. Don't forget the chocolate- Cocoa has antioxidants that have been shown to increase good cholesterol, lower bad cholesterol and improve blood clotting function.
6. Practice portion control- Overeating can lead to blood shifting from the heart to the digestive system, and faster and irregular heart rhythms, which can lead to heart attack or heart failure.
7. Find ways to destress- There are numerous biochemical responses to stress, including a rise in blood pressure and a faster heart rate. Find something to help manage stress that works for you.



Patient Testimonial:

"The Moment I walked into Atlas Therapy, Kathy made me feel welcome and answered all of my questions. The Staff makes you feel like family and everyone from the front desk to the therapists genuinely care about their patients. The facility is both organized and clean- the staff all work hard to keep Atlas tidy.

I am glad I found Atlas. They have helped me work toward being pain and migraine free, and I would recommend them to anyone looking for treatment and relief from neck and back pain."

-Veronica Yoder



Meet the Staff: Casey Mann



Casey is originally from Raleigh, North Carolina and moved to Pennsylvania in 1996. She's a 2005 graduate of Bellefonte High School and 2008 graduate of South Hills Business School; where she earned an Associate in Specialized Business Degree in the Medical Office Specialist Program.

Casey is the State College Billing and Office Manager at Atlas Therapy; and has been here since we opened in 2010!

Casey is a new mom to 6 month old Sadie Lynn and also has 2 adorable pups; Tucker and Max. In her free time, she enjoys reading, drawing, and spending all the time she can with her family and friends!

**If you have any questions regarding billing or insurance, reach out to Casey @ 814-308-8482 x 103.*

Did You Know?

Groundhog's Day is February 2nd and did you know Punxsutawney Phil's full name is Punxsutawney Phil, Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet extraordinary?

[Here are some other fun facts you may not have known about the Holiday:](#)

Punxsutawney Phil is the official groundhog forecaster on February 2, but many states have their own (like New York's Pothole Pete). Groundhogs typically weigh between 12 and 15 pounds; Phil is 22 pounds. The Germans originally chose a hedgehog as their animal forecaster. They turned to groundhogs instead when they discovered a large amount of them in Pennsylvania.

Phil's fans have been able to get text message alerts of his predictions since 2010. (Text "Groundhog" to 247365, in case you're interested.)

