

February Newsletter 2026



Desert Botanical Garden - Phoenix

Heart Health and Love in Full Bloom

Hello-

February is American Heart Month, a reminder to honor the most vital organ in your body and to care for your overall well-being. This season, we encourage you to prioritize heart healthy habits, nourish your body, and make small choices that support long term wellness.

February is also a time to celebrate the ways connection and relationships, with family, friends, or yourself, improve your overall health. Supporting your body through consistent routines and healthy habits can complement these connections, helping you feel your best. Wishing you a month filled with care, balance, and choices that keep your heart strong and your energy high.

Warmly,
The Resilient Team

SPECIAL EVENTS

Knee Pain Decoded - The Missing Pieces



Are you or someone you know experiencing knee pain? Does it limit your daily activities or keep you from doing what you love? Join us for an engaging workshop where we reveal the *Resilient* approach to overcoming chronic knee pain.

Register today, or share this invitation with someone who could benefit. We'd love to see you there!

DATE: Saturday, February 28, 2026
LOCATION: 6970 E Chauncey Ln. Suite 110. Phoenix, AZ 85054
TIME: 10:00am - 11:30am
PHONE: 480.999.5171
EMAIL: hello@resilientaps.com

[REGISTER NOW](#)

ARTICLES OF THE MONTH

Finding Balance: Why Posture Matters at Every Age



Balance is something most of us don't think about until it begins to slip away. The two stories in this article reveal surprising ways posture and daily habits can transform stability and movement. With simple adjustments and consistent activity, anyone can improve balance, reduce the risk of falls, and maintain mobility and independence at any age. [Read More](#)

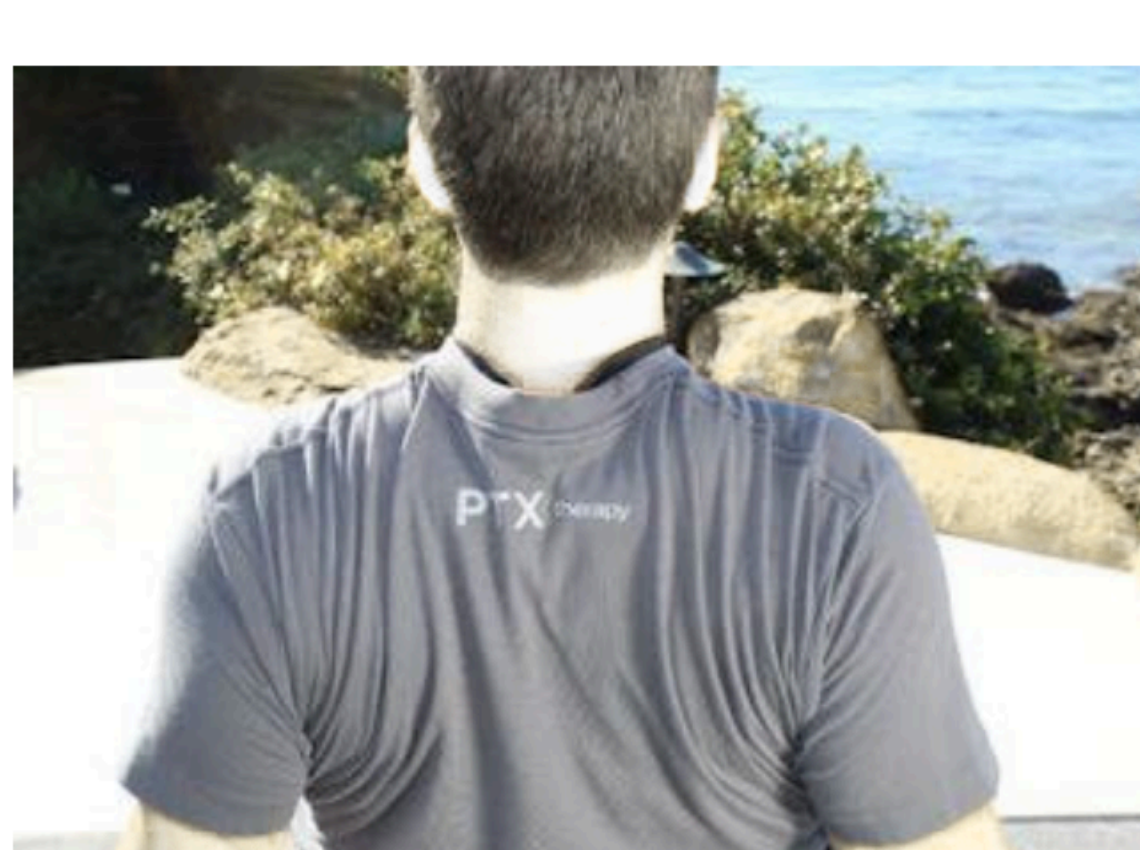
February is American Heart Month



February is all about love. It's also a time to raise awareness about other matters close to the chest – namely, heart health. Each February, the observance of American Heart Month serves as a critical reminder of the importance of maintaining cardiovascular health and implementing effective measures to protect the body's most vital organ. Many heart problems are the result of high blood pressure, which heart doctors consider a "silent killer" because the symptoms of it are not always obvious. High blood pressure, or hypertension, can lead to a host of serious, potentially life-altering health issues. [Read More](#)

EXERCISE OF THE MONTH

Scapular Contractions - Sitting

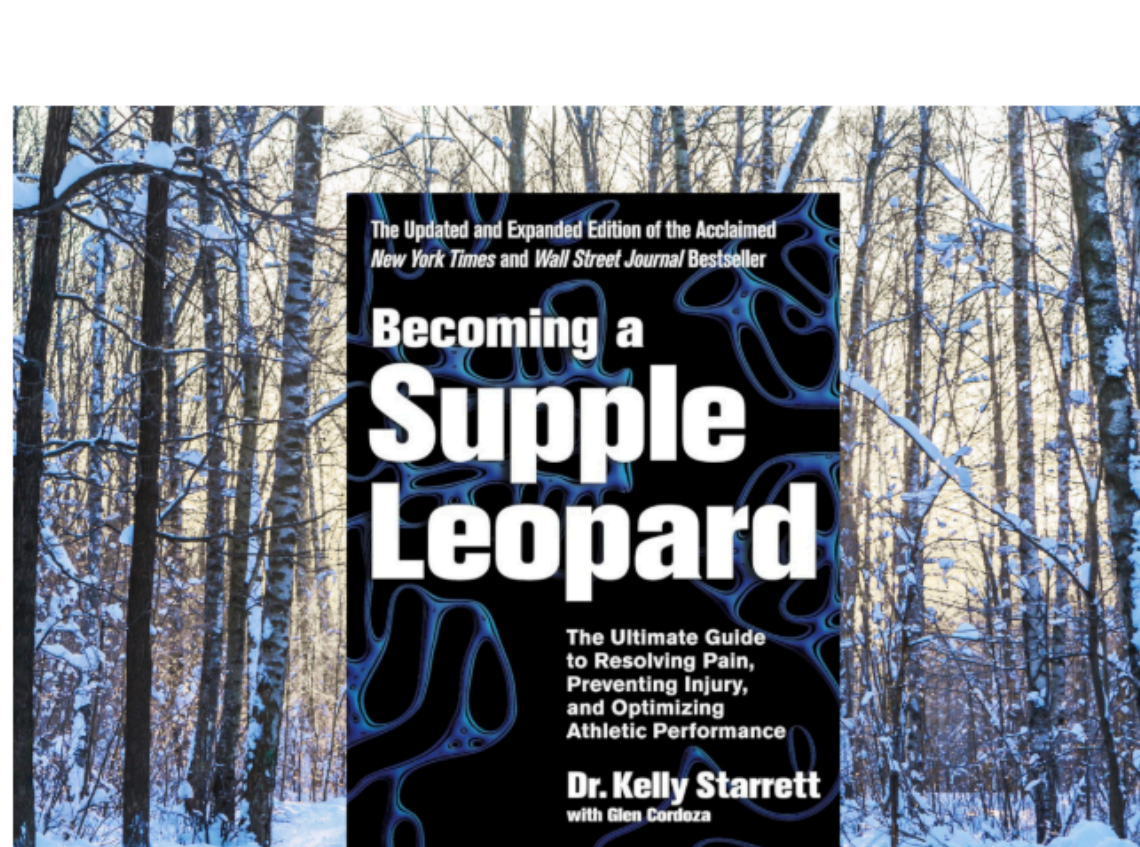


Description:

- Sit on middle of chair (do not use back rest) with ankles directly under knees, feet pointed straight ahead and knees hipwidth apart
- Hold arch in lower back by rolling hips forward (sitting up tall)
- Keep shoulders relaxed down (don't shrug)
- Squeeze shoulder blades together in a downward motion and release
- Repeat for 3 sets of 10

JOHN'S BOOKSHELF

Becoming a Supple Leopard



Becoming a Supple Leopard by Dr. Kelly Starrett is a practical guide to improving movement, mobility, and performance while reducing pain and injury. The book teaches readers how to fix everyday movement patterns, from sitting and standing to lifting and running, using simple mobility techniques and self-care tools. Blending sports medicine, physical therapy, and strength training, it empowers athletes and non-athletes alike to move better, recover faster, and build a more resilient body for long term health and performance.

BILLIE'S RECIPE OF THE MONTH

Protein Bowl with Thai Peanut Sauce



Ingredients:

- 3-4 oz grilled chicken
- 3-4 oz grilled steak
- 1 cup cauliflower rice
- 1/2 cup broccoli
- 1/2 cup asparagus
- Chopped green onions for garnish

Instructions:

- Saute veggies to desired tenderness
- Place cauliflower rice in bowl
- Add chicken and steak then place broccoli and asparagus in center
- Add Thai Peanut Sauce (desired amount to taste)
- Garnish with green onion

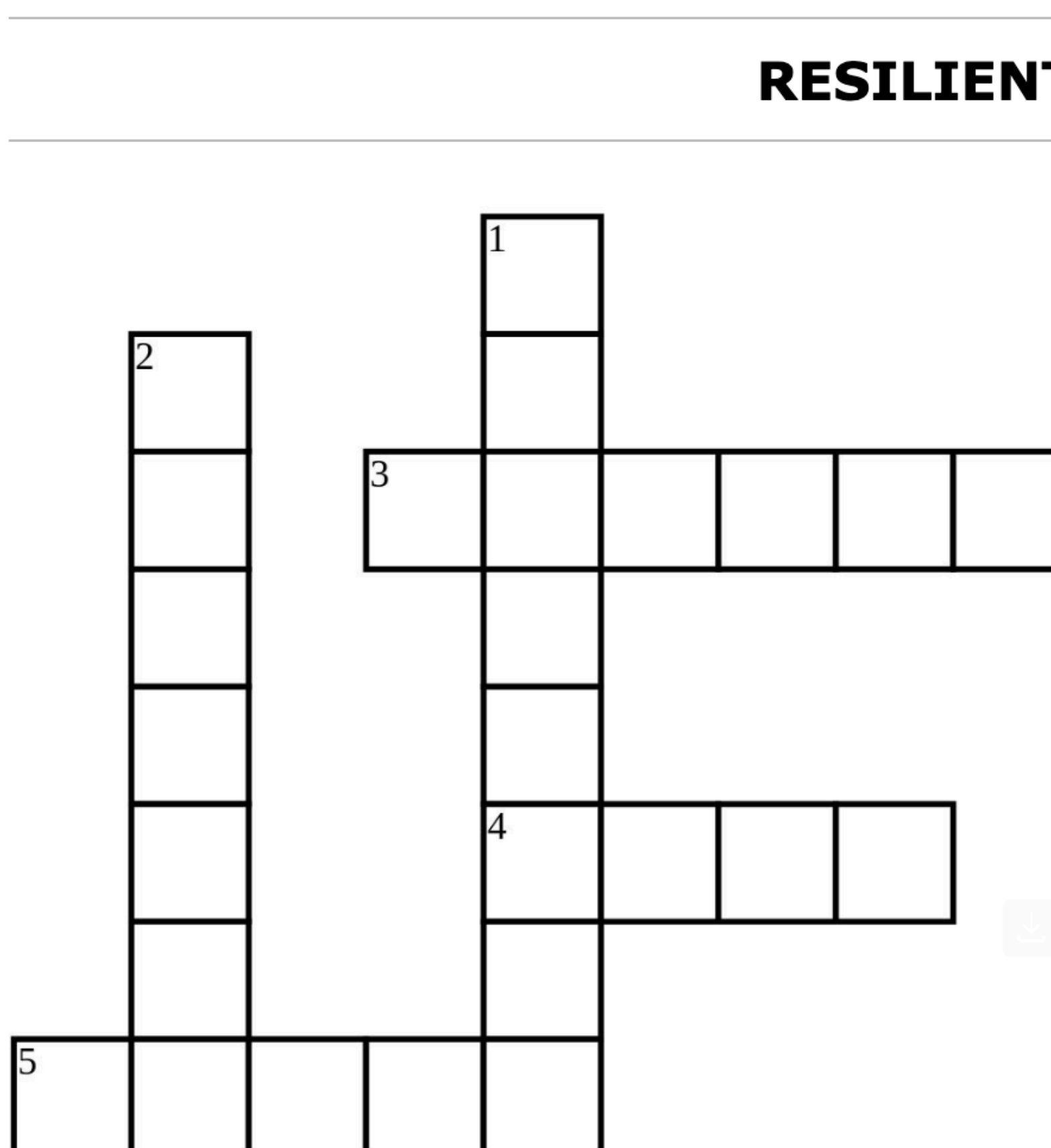
Thai Peanut Sauce Ingredients:

- 1 can coconut milk (do not shake can)
- 1 Tbsp red Thai curry paste
- 1/2 cup peanut butter sauce or smooth
- 2 Tbsp Thai fish sauce - Like soy sauce with anchovies

Sauce Instructions:

- Heat saucepan over medium heat and add some of the coconut milk from can
- Add the red curry paste and caramelize to release the spices 2-3 minutes
- Add the rest of the coconut milk
- Add peanut butter and stir until melted
- Add the fish sauce and simmer for 5 minutes
- Serve over protein bowl

RESILIENT PUZZLES



WORD SCRAMBLE

- OCOEELSLTRH _____
- EARTH _____
- VNLANIETE _____
- ECBALNA _____
- XRESCEIE _____

Down:

1. Controlled balance that prevents wobbling
2. The ability to stay upright and stable will standing or moving

Across:

3. Type of activity that raises heart rate and strengthens the cardiovascular system
4. Expression of affection
5. Vital organ often associated with love

ANSWERS: Down 1. STABILITY 2. BALANCE Across: 3. CARDIO 4. LOVE 5. HEART

Hearing from our clients truly means the world to us. We'd be so grateful if you'd take a moment to share a quick Google review. Your story could help others who are looking for the same kind of care and support.

[Google Reviews](#)