



Heart Murmurs

November 2019

Cardiac Athletic Society Edmonton - Contacts

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Heart Murmurs is the newsletter of CASE published in February, March, April, May, September, October, November and December each year. Suggested articles can be submitted to Barry Clark at kbclark1@telus.net Back issues of the newsletter are posted on the CASE website at: <http://www.edmontoncase.ca>

If you wish to unsubscribe from this newsletter, please e-mail stuart_e@telus.net with a subject line 'unsubscribe'.

Cardiac Athletic Society Edmonton -Board

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Support for CASE

As a recognized charitable institution, CASE makes a significant difference to people interested in maintaining their heart health. If you make a financial gift, either as a direct contribution, or in the memory of a member who has passed, we will issue a tax receipt.

EDUCATION EVENING

The Education Evening for November 18 held at 7:00 PM at Terwillegar, will be on "Live Safely and Longer in Your Home". Originally, this session was to be held in May but had to be postponed to November.

The use of new technology to improve your safety at home will cover home monitoring, support and response services, GPS monitoring information.

CHRISTMAS IS COMING SOON

It is now time to prepare for turkey and Christmas Lights, trees, letters and cards to friends and to make your reservation for **THE ANNUAL CASE CHRISTMAS PARTY.**



It will happen in the cafeteria at SEESA (9350 82 St NW, Edmonton, AB) on Sunday December 8, 2019, beginning with cocktails at 5:00 PM and Christmas dinner, with all the fixings, about 6:00 PM. Again, the price is \$30 per plate and it will be catered by SEESA.

Gary Duguay and Wayne Saunders will have tickets for face-to-face sales and over the phone sales. At the door sales are discouraged and cancellation of reservations will only be considered in exceptional circumstance after the final day of ticket sales.

December 1 will be the final day for tickets sales as this is the day we must advise SEESA of numbers that shall be attending. Please contact Gary or Wayne for tickets.

- Gary Duguay email garyduguay@shaw.ca
Phone: 780-433-8628, cell: 780-993-0281
- Wayne Saunders: email sharway@telusplanet.net
Phone 780-461-8898 or 780-886-1802

DISCOVER ESSETRICS FOR CASE

On Monday October 21 CASE members were introduced to “ESSETRICS” fitness program. Those attending the session found the program appealing. This session was taught by Lori Griffith, a Certified ESSETRICS® Instructor and lifelong fitness enthusiast who is the owner of eOne Fitness Studio in Windermere. Lynn is very impressed with the benefits of Essentrics and also instructs these types of classes for the City of Edmonton, Sherwood Park and in Senior’s facilities and believes it will be of significant benefit to CASE members.

The benefits of the Essentrics program will help improve your quality of life and help to age a little slower or backwards. It will add value to any type of sport or activity you currently do. It is beneficial for spinal and all joint health, strengthens and lengthens muscles simultaneously, works fascia and connective tissues, improves posture, rebalances the body, reduces pain and challenges the brain by engaging nerve cells in the brain. Add in the social aspect and everyone will be activating the brain and their muscles all the way down through each of the body's systems. For more information about Essentrics, go to <https://essentrics.com/agingbackwards.html> and click on *Find out More*. There are several links in each of the Aging Backwards series. Start with the Documentary tab and then enjoy learning more by watching the rest.

Lynn noted that there are currently two different types of Essentrics classes offered at three of the city rec centres. The class type that is probably most suitable for the CASE members is called ***Release, Rebalance & Restore***. There is one class offered at the

Meadows on Wednesdays and one at Terwillegar on Fridays. All Essentrics classes offered at the City of Edmonton Recreation Centres are included in the monthly and annual passes that current CASE members may hold.

A specifically designed Essentrics class for CASE members and their spouses/partners/significant others will be offered at the eOneFitness Studio:

Discover Essentrics for CASE" with Lynn Bohuch

Release tight muscles, rebalance joints, restore your body and improve your posture. A slow and gentle, full body stretch workout that focuses on increasing mobility, flexibility and relieving chronic aches, pains and joint stiffness. Reawaken the power of your 650 muscles while slowly building strength in your body. I deal for men and women of all ages who are looking for a gentle, slow tempo class.

- Where: eOne Fitness Studio - 3474 Allan Drive (Just off Rabbit Hill Road and Windermere Blvd.)
- When: Mondays Nov 18, 2019 - Jan 20, 2020
- Time: 10:00 - 10:45 am
- Instructor: Lynn Bohuch
- Cost for CASE Members: \$80
- Minimum Class Size: 10 participants; Maximum 15
- Please bring your own yoga mat.
- To register: Contact Wayne Jackson at 780-432-7203 or waynejackson66@gmail.com
- Deadline for registration is November 15th.

Note: If you would like to bring a friend who is not a CASE member please contact Lori Griffith at 780-916-4483 for cost.

Source: Wayne Jackson: Oct 29, 2019 Final Version

CASE GOES WITH SOCIAL MEDIA

At the September Board meeting Nicola Baird-Latham volunteered to set up and manage a new Facebook site on behalf of CASE. The Board agreed with her that more could be done to get the word out to the public about the benefits of CASE and that CASE could take advantage of social media to make the public aware of CASE. In addition to Facebook she volunteered to establish both an Instagram and Twitter accounts. These platforms provide additional ways for members to keep in touch with each other.

It was decided CASE, with her help, should proceed and obtain feedback from members and make any amendments as required to meet our needs. You can view this site using the following address: <https://www.facebook.com/CASEEDMONTON/>

A REMINDER TO PARTICIPATE IN EXERCISE

When CASE moved into Terwillegar, we received special consideration from the City of Edmonton granting us the opportunity to have an exercise class that was tailored to our medical needs. Additionally, we were given 'Corporate Status' that conferred a significant discount on our city fees to use the facility. Maintaining this program is dependent upon our making use of the program and the facility.

It is important that we keep up our attendance at the exercise sessions since the City does audit the attendance and use of its programs and facilities. There is always demand for the space and if we do not use it, we could lose it.

UPDATED EXERCISE GUIDELINE BENEFITS TO THE HEART

Every little bit of activity count and the first steps toward fitness have the most impact. Without question, being physically active is the best thing you can do for your heart health. Here's the good news: according to new federal exercise guidelines, even just a few minutes of moving can count toward the recommended aerobic exercise goal of 150 minutes of moderate-intensity activity per week.

"Studies show that the total amount of energy expended is what's important for health, not whether it comes in short or long bouts," says Dr. I-Min Lee, a professor of medicine at Harvard Medical School. "This certainly is an encouraging message for people who are inactive," she adds, noting that the previous guidelines recommended exercising in sessions lasting at least 10 minutes.

Sit less, move more New guidelines were issued by the U.S. Department of Health and Human Services in November 2018, emphasize the health risks of sitting, lying, or reclining for extended periods of time during normal waking hours. This sedentary behavior has been linked to greater risk

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

at least 150 minutes a week

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least 2 days a week

AND

Tight on time this week? Start with just 5 minutes. It all adds up!

The infographic includes icons for various activities: a person on a bicycle, a person swimming, a person walking a dog, a person in a wheelchair, a person sitting on the floor, a person standing with arms raised, and a person performing a plank.

of high blood pressure, heart disease, and death from any cause. If you tend to sit for long stretches, setting a timer on a fitness band or smart watch that goes off at regular intervals (say, every 30 minutes) may help remind you to get up and move around.

The more you can move, the better, but even just a little exercise can make a difference. In fact, the greatest health benefits seem to occur when people transition from being inactive to active, even if they still fall short of the recommended exercise goals. The steepest reductions in the risk of heart disease occur at the lowest, initial levels of activity.

Moderate-intensity activities	Vigorous Activities
Walking briskly (2.5 mph or faster)	Running/Jogging
Recreational swimming	Swimming laps
Bicycling slower than 10 mph on level terrain	Tennis Singles
Tennis (doubles)	Vigorous dancing
Active Yoga	Jumping rope
Dancing	Heavy yard work
Yard Work and Home repair	Uphill hiking and backpacking
Exercise classes	Bicycling at more than 15 kph
Water aerobics	
Bicycling at less than 15 kph	

Exercise's many benefits The guidelines highlight new evidence showing that physical activity has immediate, measurable health benefits for the following four factors linked to heart health:

- **Blood pressure.** Exercise may lower blood pressure for up to 13 hours after the activity. Done on a regular basis, it may lower systolic blood pressure (the first number in a reading) by an average of 5 to 8 points.
- **Anxiety and depression.** Exercise appears to ease anxiety symptoms right away, and over the long term, physical activity seems to reduce the risk of depression. These mental health conditions are increasingly being recognized both as a cause and a consequence of cardiovascular disease.
- **Insulin sensitivity.** Activity can improve your body's response to insulin, the hormone that helps control blood sugar levels. Better insulin sensitivity may lower the risk of type 2 diabetes, a major risk factor for cardiovascular problems.
- **Sleep.** Getting more physical activity may help you fall asleep more quickly, improve your sleep efficiency (meaning you spend a higher percentage of your time in bed actually sleeping), and help you sleep more deeply. Other possible benefits include less daytime sleepiness and a reduced need for sleeping pills. Of note: people with insomnia (trouble falling and staying asleep) as well those with

obstructive sleep apnea (a nighttime breathing disorder marked by breathing pauses) have reported these benefits.

Wait, what about weight? Excess weight is yet another common problem linked to heart disease. And while the benefits take longer to accrue, exercise may help people stave off the weight gain that often occurs as people age. To lose weight, you'll also need to eat fewer calories. If you do lose weight, being active helps prevent those pounds from creeping back on. But if you don't lose weight, don't give up on exercise! According to the guidelines, the health benefits of physical activity are generally independent of body weight. You will still reap those benefits, no matter how your weight changes over time.

Guideline goals You can meet your weekly physical activity goal by getting just 22 minutes of moderate-intensity aerobic activity every day. (Aerobic activities include those that get your heart pumping faster than normal.) Alternatively, you could exercise for an hour on Saturday and again on Sunday, and squeeze in another 30 minutes one day during the week.

Per the guidelines, these strengthening exercises should be done twice weekly in addition to your aerobic exercise. Note that you don't have to do push-ups or go to a gym to lift weights. You don't even need dumbbells; you can use everyday items in your house, such as a 5-pound bag of rice. Optionally, you can use stretchy resistance bands, which look like big, wide rubber bands, for a gentler strength workout. Using them is a simple way to do strength training, particularly for older people.

Source: Harvard Heart Letter February, 2019
https://www.health.harvard.edu/heart-health/updated-exercise-guidelines-showcase-the-benefits-to-your-heart-and-beyond?utm_source=delivra&utm_medium=email&utm_campaign=WR20190208-Exercise&utm_id=1221728&dlv-ga-memberid=11072240&mid=11072240&ml=1221728

CASE Events Calendar - November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	6	7 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	8	9
10	11 Remembrance Day	12 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	13	14 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	15	16
17	18 Education Evening Live Safely and Longer in Your Home TFRC 7:00 PM	19 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	20	21 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	22	23
24	25 Board Meeting Bonnie Doon 9 a.m.	26 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	27 Social Breakfast SEESA 9 a.m.	28 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	29	30