



Heart Murmurs

April 2021

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'.

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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.

ONLINE ESSENTRICS/HEALTHY AT HEART

The program has been running close to a year. We now have a regular attendance of 25 members at Eccentrics and 11 or 12 members staying for the Healthy at Heart session. We are now planning for the April/May/June 2021 session with Lynn continuing to lead the program. This excellent exercise program is being offered twice a week, online, at a very reasonable cost.

We would ask all those taking the program to encourage their friends and acquaintances who would benefit from a heart healthy exercise program to give the *CASE Online Essentrics/Healthy at Heart program* a try.

They can try it free of charge for one month and, if they want to continue, they will need to join CASE (\$30.00/year) and pay for the program at our regular charge (currently \$30.00 per month). The same offer applies to CASE members and spouses. They can try the program, free of charge for one month and then, if they want to continue to exercise with us, the regular program charges will be applied.

Please note that the fees for April, May and June are now payable. Please send your cheque for \$90.00 (3 months at \$30.00/month) to:

Roberto Cruz
CASE Treasurer
201-1350 Windermere Way SW
Edmonton, AB
T6W 2J3

REGULAR WALKS STARTING SOON!

Our leader, Wayne Jackson, has noted that the trails are somewhat soggy and still slippery in spots. He is hoping to resume the program before the end of April and will try for a walk every 3 weeks depending on the weather, member interest and my Friday commitments. Perhaps the articles following will encourage you to get out and enjoy Edmonton this spring and summer!

WALK YOUR WAY TO BETTER HEART HEALTH

With every step, walking offers benefits and is some of the best exercise for heart health. It can improve your cholesterol levels, blood pressure and energy levels, plus it can fight weight gain to improve heart health overall, explains the American Heart Association. Walking can also reduce stress, clear your mind, and boost your mood.

All of those things can help reduce your risk of heart disease and stroke. The best part? You only need about two and a half hours per week of moderate exercise, such as a brisk walk around the park.

Walking When Your Job Involves Sitting? Sometimes, it is easier to talk the talk than walk the walk, especially if you have a job that keeps you sedentary most of the day. By understanding your daily routine, it's possible to find pockets of time for cardiovascular fitness in the form of walking. With your doctor's guidance, try these health tips:

1. Go for an early-morning walk with your pooch. Or, if you do not already have a pet, consider getting one. Caring for an animal can help reduce your heart disease risk, says the AHA.
2. When going to work or the store, park your car far from the entrance so that you can fit more steps into your day.
3. Take the stairs instead of the elevator.

4. Wear a pedometer to keep track of your physical activity, and set attainable goals to stay motivated, perhaps 1,000 steps a day.
5. Set a timer to get up and move around the office at least once an hour.
6. Recruit coworkers for a daily lunchtime walk outside, weather permitting.

Plan. Then Take a Walk. If you need extra motivation or structure to fit walking into your day, consider this 12-week walking schedule from the National Heart, Lung and Blood Institute, courtesy of the [Mayo Clinic](#). The schedule, designed to help you get up to speed with a daily walking routine, starts out with 5-minute increments of walking, including a warmup, brisk walk and cool down. By the final week, you can work your way up to a full 30 minutes of brisk walking, sandwiched between 5 minutes of an easier pace. Be sure to consult your doctor first to make sure this program is right for you, especially if you are older than 40 and have not been physically active.

Add in Some Strength Exercises. Though you can certainly walk your way to improved heart health, you can push, pull, lift, squat and lunge your way to it as well. The [AHA](#) recommends twice-a-week strength training for stronger bones, muscles and connective tissues. Plus, by building muscles, you can help lower your blood pressure to prime your body for the physical activity your heart needs, notes the [Mayo Clinic](#). When you have made a good habit out of walking, and if your body is up for it, consider mixing these quick exercises into your routine:

- **Walking Lunges:** As you walk, take a larger-than-normal step, and bring your back knee close to the ground for a full lunge. Then, step forward with the back foot in the same way. Repeat for 10 lunges at a time, if possible.
- **Walking Curl Presses:** Bring along a light pair of weights, such as 2- or 3-pound dumbbells. As you walk, start with the weights in each hand down by your thighs. Bring the weights up into a curl to your shoulders, then press above your head. Return the weights back down to your shoulders and then back your thighs. Repeat in 3-minute increments, if possible.
- **Knee-Tap March:** Walk forward with high knees, tapping your knees with your hand at every step. Repeat in 3-minute increments, if possible.

Walking: The Key to a Longer Life? With a little patience, practice, and perseverance, you may be able to work your way up to more cardio and resistance exercises. While the two-and-a-half hour per week rule makes for a great starting point, more exercise can be worth it, if you have got the time. Compared to less than 30 minutes of weekly activity, seven hours of weekly physical activity could reduce the risk of early death by as much as 40 percent, says the [CDC](#).

If you want to focus on ways to improve heart health, don't let [the excuses](#) stop you. Whether you take a stroll, jaunt, saunter, hike, or promenade, just get out there and walk. Your heart will thank you.

Source: [Healthy Heart](https://www.abbott.com/corpnewsroom/healthy-heart/improve-heart-health-by-walking.html) | Nov. 12, 2018 <https://www.abbott.com/corpnewsroom/healthy-heart/improve-heart-health-by-walking.html>

URBAN (NORDIC) POLING FOR ACTIVE LIVING

Currently, Cardiologists and cardiac rehabilitation professionals are prescribing walking to prevent, manage and treat Cardiovascular disease. Walking with Urban poles activates up to 90% of muscles providing both aerobic and resistance training with the potential to burn up to 46% more calories than walking without poles. This activity provides an excellent tool for healthy weight loss. For these reasons, many hospitals are choosing to incorporate urban poling into their discharge information for cardiac rehabilitation patients to increase the benefits of cardiac rehab and serve as an excellent tool that can be used in the clinic to transition to the community.

Research Benefits: Evidence based studies on cardiovascular disease patients clearly identify poling as a healthy mode of physical activity suited for primary and secondary intervention, as well as rehabilitation. Urban Poling offers proven beneficial effects on key health parameters which may include:

- Lower resting heart rate
- Higher VO2 max
- Improved blood lipid profile
- Lower total fat mass/decreased waist circumference
- Higher exercise tolerance
- Walking further, more frequently & faster
- Improved mood

A study published by the University of Ottawa Heart Institute, concluded that walking with poles is superior to standard cardiac rehab, even for those following mild to moderate heart failure. Walking with poles has been shown to lower resting heart rate, blood pressure, improve blood cholesterol and lipid levels and exercise capacity. Consult your physician or therapist before using poles if you currently use a cane or walker, have any medical condition which affects your balance, stability, grip strength, vision, depth perception, judgement or co-ordination or you are currently recovering from injury or surgery.

Source: <https://urbanpoling.com/old/health-benefits/active-living-with-cardiac-health/>

CASE Events Calendar - April 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	2	3
4	5	6 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	7	8 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	9	10
11	12	13 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	14	15 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	16	17
18	19	20 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	21	22 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	23	24
25	26 Board Meeting	27 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	28	29 Essentrics and Cardio 11:30 to 12:45 Zoom with Lynn	30	

Note: Watch email for more detail on activities and events.