



## CARDIAC ATHLETIC SOCIETY EDMONTON

# Heart Murmurs

March 2017

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<p>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 <a href="mailto:kbclark1@telus.net">kbclark1@telus.net</a> Back issues of the newsletter are posted on the CASE website at:  <a href="http://www.edmontoncase.ca">http://www.edmontoncase.ca</a></p>		

### ***CASE ANNUAL GENERAL MEETING March 13.***

Place March 13<sup>th</sup> on your calendar, so you can attend the Annual General Meeting of CASE.

You will hear reports of CASE activities over the past year, have a chance to question the Directors and to vote on the candidates proposed for Directors next year.

There are currently several vacancies on the Board, since a number of Directors, including the President are stepping down. Your nominating committee will present a slate of candidates, but there is always opportunity for any member to nominate other candidates. For instance, we would like to find someone with knowledge of social media and website maintenance.

There must be at least 17 members present in order to legally do any business. Many more are welcome. CASE needs you to attend.

The AGM will take place at 7:00 PM in a meeting room at SEESA. Coffee, tea and cookies will be on hand.

### ***EDUCATIONAL SESSION April 10***

On the evening of April 10<sup>th</sup> we will have a two part presentation from the Edmonton Region Heart and Stroke Assn. The first part will be an overview, with a slide presentation, of conditions and causes of heart problems and some of the related harm-reduction strategies. This will be followed by a demonstration of CPR methods, including the recent changes in CPR techniques.

This entire session is aimed at providing information, not certification, in CPR. Individuals may arrange to take the certification course, if they wish, at another time. It is about 15 years since CASE had a similar Education speaker. Let's have a big turn-out in Room B, 2<sup>nd</sup> floor Terwillegar Center to refresh us all. The life you save may be sitting beside you.

### ***U OF A PRESENTATION OF FEB. 13***

Please review the attachment to the email message sent from Stuart Feb 17, 2017. It describes some of the technologies under development at the U of A. You are encouraged to offer yourselves to the developers of the projects listed there both to amuse yourselves and to help them in their research.

### ***ADD STRENGTH TRAINING TO YOUR FITNESS PLANS***

Boosting your muscle mass may trigger changes that enhance heart health. When you do aerobic exercise brisk walking, biking, or

swimming, you breathe harder and your heart beats faster. This “cardio” workout provides a wealth of cardiovascular benefits. But you might not realize that strength training also called weight training or resistance training is also good for your heart.

Strength training maintains and may even increase muscle mass, which people tend to lose as they age. Boosting your muscle mass speeds up your metabolic rate, so you burn more calories even when you’re not exercising.

Burning more calories helps you avoid weight gain, which keeps your heart healthier than if you pack on pounds. And strength training may be especially important for keeping off belly fat. This so-called visceral fat, which surrounds your internal organs, is particularly researchers at the Harvard T.H. Chan School of Public Health found that healthy men who did 20 minutes of daily weight training had less of an age-related increase in abdominal fat compared with men who spent the same amount of time doing aerobic activities.

Changes within muscles seem to promote these benefits. Muscles store glycogen, a molecule that breaks down into glucose (sugar) to fuel strenuous activity like weight lifting. After a workout, your body gets busy restoring that glycogen and must rely on fat as an energy source. Strength training also increases the number of mitochondria, the energy-burning structures inside cells.

Other research shows that strength training can help control blood sugar levels by drawing glucose from the bloodstream to power muscles. High blood sugar is the hallmark of type 2 diabetes. Building more muscle mass also makes the body more sensitive to the effects of insulin, the hormone that regulates blood sugar levels. Another Harvard study found that men who do at least 150 minutes of strength training per week cut their risk of type 2 diabetes by about 34%.

Diabetes raises your risk of cardiovascular disease, as does high blood pressure that is another condition that strength training appears to improve. A review article that compared aerobic training with different types of resistance training found that these types of exercise helped reduce blood pressure.

Speak to your doctor before starting a weight training routine, as the activity will challenge your heart. It’s best to find a supervised program through a senior center, at a health club, or with a physical therapist to learn proper form, which is key to avoiding injury.

Strength training can be done with resistance bands, small hand weights, or weight machines. A well-rounded strength training

program works all major muscle groups: legs, hips, back, abdomen, chest, shoulders, and arms. Start by warming up for a few minutes by moving your muscles without weights, and don't forget to stretch at the end.

Aim for one or two sets of eight to 12 repetitions of each exercise, using a weight or resistance that's challenging but manageable. Blood pressure can soar to dangerous levels if you hold your breath while performing strength exercises. Be sure to always exhale as you lift, push, or pull, and inhale as you release. If you find yourself grunting or getting stuck in the middle of a lift, you're using too much weight. Decrease the amount of weight to stay in a safe zone.

*Harvard Heart Letter June 1, 2015*

***WANT A STRONGER CORE? SKIP THE SIT UPS!***

**Sit-ups once ruled as the way to tighter abs and a slimmer waistline, while "planks" were merely flooring. Now planks — exercises in which you assume a position and hold it — are the gold standard for working your core, while classic sit-ups and crunches have fallen out of favor. Why the shift**

**One reason is that sit-ups are hard on your back — they push your curved spine against the floor and work your hip flexors, the muscles that run from the thighs to the lumbar vertebrae in the lower back. When the hip flexors are too strong or too tight, they tug on the lower spine, which can create lower back discomfort.**

**Second, planks recruit a better balance of muscles on the front, sides, and back of the body during exercise than do sit-ups, which target just a few muscles. (Your core goes far beyond your abdominal muscles.) Finally, activities of daily living, as well as sports and recreational activities, call on your muscles to work together, not in isolation. Sit-ups or crunches strengthen just a few muscle groups. Through dynamic patterns of movement, a good core workout helps strengthen the entire set of core muscles you use every day.**

*Core exercise workout: 12 tips for exercising safely and effectively*

- 1. Warm up.** Before a full core workout, march in place for several minutes while swinging your arms, or dance to a few songs. It's safe to skip this if you've already warmed up through other activities.
- 2. Form first.** Good form means aligning your body as described in the exercise instructions and moving smoothly through an exercise.
- 3. Reps second. Quality trumps quantity.** Do only as many reps as you can manage with excellent form. Likewise, hold a position only for as long as you can manage with excellent form. Plan to work up to the full number of reps or seconds gradually. Once you can do a full set, consider adding a set (up to three sets).
- 4. Feel no pain.** Core work shouldn't hurt. Stop if you feel any pain (especially if it's lower back pain). Check your form and try again. If pain persists, check with a doctor or physical therapist before repeating that exercise.
- 5. Practice often.** You'll see the best gains if you consistently do core exercises three times a week.
- 6. Photos tell only part of the story.** Photos can make core work look easier than it actually is. Do your research, and carefully read instructions when learning about the tips and techniques for each exercise.
- 7. Brace yourself.** Tighten your core muscles before starting the "Movement" in each exercise. Here's how: while sitting, standing, or lying on your back, gently but firmly tighten your abdominal muscles, drawing your navel in toward the small of your back. Tuck in your tailbone slightly, too. Once you're braced, a gentle push from any direction should not cause you to lose your balance. Some trainers suggest imagining that you're pulling in your muscles to zip up a tight pair of jeans. Either way, practice makes perfect. Try bracing or zipping up for 10 seconds at a time while breathing normally.
- 8. Reach beyond abs.** A rippling six-pack and a weak back are a recipe for disaster. So don't just focus on abdominal exercises that buff appearances. A program that works all core muscles protects your back and boosts sports performance.

**9. Be flexible. Core flexibility is as important as core strength. In fact, too much strength without flexibility can make your back throb and interfere with smooth, powerful moves in sports like tennis and golf. So don't skimp on stretches.**

**10. Start with stability, then add instability. Master exercise movement patterns, such as lunges, bridges, and planks, on a flat surface. Core work gets harder when an unstable surface, such as a stability ball or Bosu, is introduced because your muscles have to work harder to hold a position steadily or stabilize you while moving. Take time to perfect hard exercises on a stable surface before shifting to an unstable one.**

**11. If it's too hard, drop down. Do fewer reps or hold for fewer seconds. Still too difficult? Try an easier variation of the exercise. If you're still struggling, try fewer reps (or seconds) of the easier variation.**

**12. If it's too easy, move up. As it feels easier to do exercises with excellent form, first add reps (up to 10) or seconds. Next, add sets or try a harder variation. As you move up to more challenging exercises, leave the simpler ones behind.**

**Source: HEALTHbeat. Harvard Medical School August 25, 2016**