



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

April 2016

CASE website http://www.edmontoncase.ca		
CASE Board		
President - Burn Evans Vice President Ron Kirschner Secretary - Gary Duguay Treasurer Ron Kirschner Past President - Ron Torgerson Membership - Stuart Embleton	Exercise Coordinator - Wayne Jackson News and Communications – Barry Clark <i>with Stuart Embleton</i> <i>Wendy Schneider</i> Education and Special Events Social Events- Shirley Evans <i>with Elaine Kirschner and Marilyn Prusko</i>	Hearts & Flowers - Gerri & Cavan Devlin Director at Large - Elaine Kirschner Director at Large - Al Pape Director at Large - Vacant Director at Large - Vacant
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NOTES FROM THE PREZ

The successful CASE annual General Meeting was held at SEESA on March 14th. Following the Director's reports, the members passed the draft by-laws with minor alterations from those circulated. The draft will now be forwarded to the Provincial authorities for review and approval. An updated web-page, with a more accessible public address, was declared at the AGM.

It was noted that three members of CASE had passed away in the past year; David Ingledew, Bill Kadis and Howard Ferguson. We offer our sincere sympathies to the families of these members.

APRIL EDUCATION EVENING

Bring your family and friends and join us on Monday, April 11, 2016 at 7:00 pm for our Education Event. Detective Bill Allen of the Edmonton Police Service will be presenting Identity Theft Prevention. Please come to learn how to protect yourself and your loved ones against the most common scams that specifically target seniors.

Common scams include people impersonating RCMP or Police requiring payment to avoid prosecution, telephone scams such as spoofing or impersonation of a victim's known contact's voice, Nigerian 419 scams, lottery winnings and inheritance requiring advance payment to process.

The session will be held in Multipurpose (Arena) Room C at the Terwillegar Recreation Centre. Please note that Multipurpose Room C is located on Level 2 on the west side of the building. In light of having a police detective presenting, we will have donuts with our coffee!

BUSINESS OUTSTANDING...

Please note that the address for the CASE website has been changed to **<http://www.edmontoncase.ca>** This is an easier address to follow than our previous site and should now be more 'searchable'.

There still are two vacant Director at Large positions on the CASE Board. Your voice at the Board would be most welcome helping us to shape CASE to better serve the needs of its members. Anyone who is interested in getting involved as a director should make that interest known to the Board.

Please note that CASE Membership dues were payable by the end of 2015. Please contact Stuart Embleton if you have to pay your dues or if you wish to resign your membership.

WANT TO TRY SOMETHING DIFFERENT FOR EXERCISES?

CASE promotes some other activities in addition to our regular exercise activities. Upcoming activities and programs are noted below.

- Join Lynn in a Deep Water Aquafit class at Terwillegar every Friday at 11:00 AM from April 1 to May 13. Deep water Aquafit is a NO-IMPACT exercise class. Great for non-swimmers, head is never under the water and a flotation belt is always worn. It is a City of Edmonton drop in class, so you would use the same pass/method that you use when you attend CASE volleyball or exercise class. You will notice an improvement in strength and mobility by adding this activity into your week.
- CASE will be organizing the monthly Friday morning walks again this season. The walks will be held at urban or regional parks in the Edmonton Region. The first walk of the season will be held at the end of April or the beginning of May - please watch for details. Last year there were an average of 10 walkers at each walk; with all of the health/heart benefits it would be great if more members joined the walking group. Please let Wayne Jackson know if you have any suggestions about the walking activities.

- A group of CASE members get together Wednesday mornings over the spring and summer months to play Golf. A friendly tournament is held during the summer. Look for more information about when and where Golfing will start.

FIVE LITTLE KNOWN BENEFITS OF WALKING

Any physical activity, including walking, is a boon to your overall health. But walking in particular comes with a host of benefits including five that may surprise you.

1. *Walking counteracts the effects of weight-promoting genes.* Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. *Walking helps tame a sweet tooth.* A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. *Walking reduces the risk of developing breast cancer.* Researchers already know that any kind of physical activity blunts the risk of breast cancer. An American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. Walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. *Walking eases joint pain.* Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. *Walking boosts immune function.* Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. If they did get sick, it was for a shorter duration, and their symptoms were milder.

Source: Healthbeat Harvard Health Blog Posted October 14, 2015, 9:30 am

WHY ARE PEOPLE WEARING FITBITS?

A study in the *American Journal of Preventive Medicine (AJPM)* examined if digital fitness trackers would increase physical activity among older women. The trackers are tiny gadgets that come in wearable styles such as wristbands, watches, and pendants, as

well as hand-held versions you can clip onto a sleeve or slip into a pocket. In addition to the number of steps you take, a digital fitness tracker can also measure and record how fast you walk and how far, for how long, and at what intensity. The researchers used a brand of tracker called Fitbit and an accompanying web application that evaluates and even graphs recorded information.

The study involved 51 middle aged women who had been getting about 33 minutes per week of moderate to vigorous physical activity. The researchers divided them into two groups. The women in the first group each received a standard pedometer. Women in the second group each received a Fitbit, an instructional session, and a follow-up call after four weeks. Both groups were asked to perform at least 150 minutes of moderate or vigorous physical activity each week and to walk 10,000 steps a day. All the women used an additional gadget called an accelerometer to track their movements.

After 16 weeks, neither group had reached its fitness goals. The pedometer-only group did not have a significant increase in their physical activity levels, but the fitness-tracker group increased physical activity by an additional 38 minutes per week. The study didn't *prove* that the fitness trackers caused the women to exercise more, or that pedometers aren't great tools. (It may have only shown that 51 older women couldn't reach their fitness goals, even with the help of fitness tools.)

But it does beg the question: do fitness trackers get you to do a little more? The researcher suggested that they may be helpful because they address three major factors: accountability, accuracy, and motivation. "When you can see what your activity levels are, and you know that someone is checking them, there's accountability, and you're motivated to work harder because you want to comply."

In the study, the participants knew that researchers were looking at their results. Many programs ask participants to fill out daily activity logs to help establish a degree of accountability. However, an activity journal can't capture what you're doing as accurately as a fitness tracker. The trackers accurately record data about your workout, including the pace, distance, intensity, and duration of your exercise, and can track your progress. When you can see all of those things, especially your progress, it motivates you to keep building on what you've accomplished. Some fitness trackers can also record your heart rate, which is important for determining the intensity of your workout.

A recent improvement to the UWalk Program, that several CASE members have participated in, is an option to link your Fitbit account to the UWalk site. In this way your data can be automatically posted to UWalk without having to log in and enter data from your pedometer...

Source: Derived from an article by Heidi Godman, posted August 27, 2015, 9:03 am
http://www.health.harvard.edu/blog/can-digital-fitness-trackers-get-you-moving-201508278214?utm_source=HEALTHbeat&utm_medium=email&utm_content=body2b&utm_campaign=HB082715&j=34234175&e=kbclark1@telus.net&l=16278673_HTML&u=442063237&mid=148797&jb=0

CASE Events Calendar - April, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	6	7 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	8 Deep Water Aquafit TFRC 11 AM	9
10	11 Education Evening Identity Theft Prevention TFRC 7:00 PM	12 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	13	14 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	15 Deep Water Aquafit TFRC 11 AM	16
17	18	19 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	20	21 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	22 CASE WALK TBA Deep Water Aquafit TFRC 11 AM	23
24	25 Board Meeting 8:30 AM Community Services Room Bonnie Doon Shopping Center	26 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	27 Social Breakfast SEESA 9 am	28 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	29 Deep Water Aquafit TFRC 11 AM	30