



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

February 2017

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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		

RECENT AND COMING EVENTS

The Annual First Supper was held at Boston Pizza on Thursday January 19 after exercise. Nearly 40 members and friends gathered in a private room at the restaurant. It was observed that the noise level dropped noticeably when the food was served and conversation became more muted.

The **Annual General Meeting** is coming soon: Monday March 10 at 7:00 PM at SEESA to be more exact. This will be a year when there will be changes in CASE since our respected President, Burn Evans, is retiring from the job. In addition, there are a number of positions on the Board that have been vacant this last year so the Nominating Committee is looking for volunteers to guide CASE in the future.

The **Nominating Committee** is comprised of Ron Kirschner, Stuart Embleton and Burn Evans. They will be approaching members to serve on the Board and certainly

would urge any interested members to discuss roles of Board Members with them as soon as possible.

WELCOME TO THE NEAR FUTURE

The CASE Educational evening for February will have presentations from University of Alberta professionals who are working on a variety of projects (computer apps) which are designed to assist or improve the quality of life of seniors. Professors Eleni Stroulia of the Computer Sciences faculty and Lili Liu of the Rehabilitation Medicine faculty will describe some of the projects they lead and introduce other professionals to briefly describe their individual projects.

As usual, this event will be held at 7:00 on the second Monday of the month: Feb. 13. We have our usual venue: Community Room B, which is on the 2nd floor between rinks A and B. of the Terwillegar Family Recreation Centre.

The hour will consist of explanations and demonstrations There will be time after the hour for interested persons to get some 'hands on' experiences with these programs. Bring your curiosity and your friends!

YOU RESOLVED TO MAKE SOME CHANGES... NOW WHAT?

Everyone has bad habits they want to break, but instead of scorning yourself for being helpless to break them, use the fundamentals of forming habits to your advantage.

Habits, good or bad, follow a typical three-step pattern. One way to describe this is as three Rs: reminder, routine, and reward. By breaking down the cycle of a bad habit, you can identify what triggers the routine and begin to address what really needs to change. This way you can establish a pattern for new and healthier habits.

Engaging in habit changes for self-improvement is key to vitality and well-being at all ages. It is normal to feel like relaxing and letting go of the self-monitoring discipline of healthy habits, such as regular exercise and a healthy diet. But feeling good and energetic requires a daily investment in self-improvement, which begins with letting go of unhealthy habits and engaging in healthy ones.

One common reason people fail in making lasting change is that they don't first create a solid foundation. You need to make sure the habit change is important and you have confidence that you can achieve it. This might sound simple, but often people take on changes that are important to others but not to themselves, or they feel down deep that the task is too daunting. Before you can focus on changing a bad habit, you need to measure both motivation and confidence.

How do you know when you are ready to try changing a habit? Using the "Readiness to Change" chart, rate your motivation on a 1-to-10 scale. Then do the same for your confidence level (how confident you are that you can make it happen). You want a score

of at least 6 for each. This is the foundation you need to be successful in following through on resolutions to make positive changes.

If you don't have scores of 6 or higher, choose another habit to change—one you may feel more passionate about—or scale back the habit change to raise your confidence. For instance, if you lack confidence to exercise 5 times a week, begin with 2 times a week. Once you build more confidence from changing a lesser habit, you can revisit a more ambitious one.

Once you have chosen your habit and measured your readiness, identify the three Rs:

- **reminder:** a trigger initiating the behavior
- **routine:** the behavior or action you take
- **reward:** the benefit from the behavior or action.

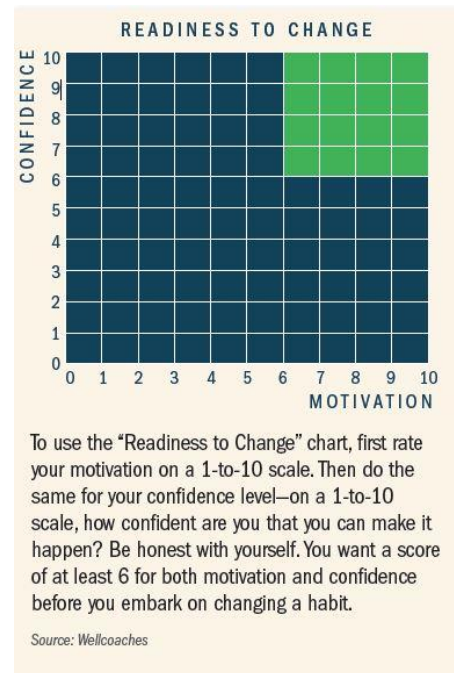
Each one is linked to the others in a continuous loop. Here's how it works: Say you have a habit of eating junk food when you watch TV at night. This is the loop: Your 8 p.m. TV show begins (reminder), you go to the kitchen to gather your snacks (routine), and you eat them while you watch your program (reward).

When the reward is achieved—in this case the pleasure of comforting junk food—you have a desire to repeat the action with the next reminder, and the cycle begins again.

To break the habit, the simple solution would be to just stop eating the junk food. But, of course, this is never easy, because the real issue is the habit, not the food itself.

Understand the **reminder** and **routine**. Your first step is to shine a light on what happens with the current reminder and routine. In this example, at 8 p.m. you visit the kitchen for snack foods and then get comfortable on the couch.

Now ask yourself, why do you go to the kitchen? Make a list of short words or phrases that describe your feelings before you begin the routine. Hunger? Boredom? The desire for pleasure of eating while you watch?



Research has found that **habit triggers** typically fit into five categories: location, time, emotional state, other people, and immediately preceding action. In the TV-watching scenario, the set of triggers might look like this:

- location: living room
- time: 8 p.m.
- emotional state: bored
- other people: none
- immediately preceding action: favorite TV show comes on.

Write down notes about your own situation using these categories for three to five days, as some may vary (for instance, mood or time). Afterward, review the information and look for patterns.

For instance, maybe you snack only when you are alone, or when you watch TV later at night, or when you are in a certain mood. Or you follow the routine of snacking only when you watch certain shows, like a comedy or drama. Do you tend to favor certain foods, like cookies, over other choices? These are the clues to what needs to change so that you can shift to a new habit.

Next, make a list of different types of **rewards** you also enjoy. The goal is not to 'punish' yourself for seeking pleasure, but to choose rewards that make you feel good while investing in your new healthier habit. These may include taking a walk, meditating, or calling a friend, or snacks that are good for your brain and body like whole fruit, low-fat plain yogurt, or a cup of hot tea.

Once you have examined your routine, the reminder that triggers your behavior, and the reward for your habit, you can figure out which factors you can shift and thus break the cycle. For example, instead of watching TV at the same time every night, use that time slot for other habits with better rewards, like exercise, reading, or participating in a hobby. If you find your snacking is triggered only when you watch TV later at night, try watching earlier the next day. If you discover that it's not the snack food you crave, but rather the act of eating, prepare healthier snacks to satisfy that urge.

It may take some time, and you may have to experiment with different rewards or triggers to find the right ones, but soon you can shift your bad habit into a good one.

Source: Heart Health Magazine. Harvard University Hospital Originally published: December 2016

CASE Events Calendar - February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	3	4
5	6	7 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	8	9 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	10	11
12	13 U of A Development of Software to help Seniors 7:00 PM Terwillegar Community Room B	14 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	15	16 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	17	18
19	20 Family Day	21 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	22 Social Breakfast SEESA 9 am	23 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45	24	25
26	27	28 Exercise Program Terwillegar Rec. Ctre Volleyball 3:45 Aerobic/Stretch 4:45				