



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

November 2016

CASE website http://www.edmontoncase.ca		
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NOVEMBER EDUCATION EVENING

Our speaker for Monday November 14 is Dr. Adrian Wagg, MB, BS, FRCP (Lond), FRCP (Edin), FHEA (MD). He is an Endowed Professor of Healthy Aging, and is Division Director for Geriatric Medicine at UAH. He has main interests in healthy aging, and performs extensive research in incontinence.

As usual, the session is at 7:00 PM in-Community Room B, which is on the 2nd floor between rinks A and B. of the Terwillegar Family Recreation Centre. His address on Healthy Aging is informative and fun. Make sure you mark your calendar for this special event.

PLAN FOR CHRISTMAS NOW!

The snow came very early this year! It is now time to dream of turkey and sugarplums (whatever they may be...). It is time to think about 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 4, 2016 beginning with cocktails at 5:00 PM and Christmas dinner will all the fixings around 6:00 PM The price is \$30 per plate and it will be catered by SEESA as it was in 2014.

Gary Duguay and Stuart Embleton now have tickets for sale so please make your reservation the next time you see either one of them. Alternatively, you can phone or email either of them to make your reservations. The caterer must know the number of guests by December 1 so that will be the final day for ticket sales.

- Gary Duguay: Phone 780-433-8628, email: garyduguay@shaw.ca
- Stuart Embleton Phone 780-435-2602 email: stuart_e@telus.net

ITS THAT TIME OF YEAR...ALREADY!

The 2017 CASE membership fee is payable before December 31, 2016. Stuart Embleton will be collecting the fees and issuing the new membership cards for 2017. These cards will be needed to obtain the City's discounted rates on the use of the Terwillegar Family Recreation Centre and participation in the CASE exercise and volleyball programs. With our new bylaws, membership cards will be provided for members and spouses!

KEEP ON WALKING- LAYER UP FOR WALKING IN COLD WEATHER

"It's too cold." "It's too hot." "It's raining." Weather-related excuses are some of the most common reasons that walkers don't walk. But with the right clothing and preparation, almost any type of weather can be walking weather. A key to staying warm when you're walking in cold temperatures is to stay dry — and that's exactly what layering helps you do. By removing layers as you warm up, you'll avoid excessive sweating, which can cause you to become chilled, especially later in your walk. Then you can replace layers as you cool down to remain warm.

First layer: Start with a light synthetic fabric, such as Cool-Max or polypropylene, closest to your skin. It will pull sweat away from your skin and allow it to dry quickly.

Second layer: This is your insulation. Look for a fleece, sweater, or sweatshirt made of a synthetic fabric like Polartec, or a wool blend that provides warmth while wicking away moisture. (Avoid cotton, because it stays wet.) Depending on the temperature, you may want insulating bottoms, too. You can also select different thickness levels for more or less insulation, or double up on this layer if it's really cold.

Third layer: This one protects you from wind, rain, or snow. A waterproof or water-resistant, breathable jacket and pants, such as those made of Gore-Tex, will keep you warm and dry. Look for styles with vents that you can easily open and close to stay comfortable. Velcro or drawstrings at your waist and wrists will also prevent cold air from sneaking in.

When choosing layers, dress for a temperature that's about 10 degrees higher than the day's forecast, because you'll be generating your own heat as you get moving. Don't forget to cover your ears, hands, and head. One of the realities of walking in Edmonton in winter is there will be ice under the snow... It is worth investing in a set of strap on walking cleats to grip on the ice!

Especially in our climate: A very important consideration for winter walking in Edmonton is your footwear and maintaining your footing. Warm, insulated snow boots with an aggressive tread such as Vibram is always a good thing in our climate. Cold feet are always a bad thing! Other things to consider are the use of walking poles (particularly ones with a metal stud to grip on ice) and strap on studs for your snow boots to deal with icy sidewalks and paths. These grips are widely available in camping and sporting goods stores. One suggestion is to take your boots with you when buying the studs since a good fit is helpful.

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

GET UP, STAND UP, FOR YOUR HEALTH

A solid body of scientific evidence strongly suggests that the more time a person spends sitting, the higher their risk of death from any cause. Multiple large studies and high-quality data analyses show that regardless of age or health issues, the hours we spend in our chairs, cars, or on the sofa watching television can literally kill us.

What can we do to minimize the risk of the sitting we do? A very well-conducted study published in July 2016 in *The Lancet* looked at a massive load of data from 16 large studies and including over a million subjects. They aggregated the information, re-ran the analyses, and corrected for individual and population variations. What they found was that 60 to 75 minutes of moderate physical activity like walking to work, walking the dog, riding a stationary bike, line dancing, golf or softball, doubles tennis, or coaching sports eliminates the risk of death related to sitting, even from sitting for more than eight hours per day.

Can't get in an hour or more of these types of activities per day? Just 25 minutes of moderate activity is somewhat protective, even for people who sit for eight or more hours per day. The way physical activity energy expenditure was calculated, vigorous activities count more, so less time of the most strenuous exercise is needed to be protective.

Wondering what constitutes moderate and vigorous activity? Moderate activities include walking at a moderate or brisk pace of 3 to 4.5 mph on a level surface inside or outside, hiking, bicycling 5 to 9 mph on level terrain, or with few hills, stationary bicycling using moderate effort, shoveling light snow, gardening and yard work, home repair, housework.

Vigorous activities include bicycling on hilly terrain, spinning or step classes, step aerobics, water jogging, performing jumping jacks, using a stair climber machine at a fast

pace, using a rowing machine with vigorous effort, circuit weight training, cross-country skiing, heavy or rapid shoveling (more than 10 lbs per minute), standing or walking while carrying heavy loads of 50 lbs or more, taking loads of 25 lbs or more up a flight of stairs.

Other studies have suggested that periods of exercise can be broken up and spread out throughout the day and still be beneficial. One study found that even hourly breaks of light activity decreased measurable damage to our arteries.

Is a lot of your time sitting spent watching TV? What was fascinating about this study was that time spent just generally sitting was analyzed separately from time spent sitting and watching television. The study found that TV time is associated with even greater risk of death, and exercise was not as protective. Even more than an hour per day of moderate activity did not eliminate the risks associated with five or more hours per day of sitting in front of the tube.

Why the extra negative effect of TV watching? The authors hypothesize that people are more likely to get up and walk around at work than they are while watching TV. In addition, people tend to watch TV in the evening after eating dinner, which may have negative effects on our blood sugars and fat metabolism. Or, perhaps people are prompted to snack on unhealthy foods during those commercials breaks.

Whether it's sitting in a chair or watching TV, those who get less than five minutes of moderate activity per day fare the worst, and the longer they sit, the higher their risk of death from any cause – be it heart disease or cancer.

Even a little bit of movement matters. The take-home message from the Lancet study, as well as the mountain of research in this area, is that less sitting and more exercise is the goal, and every little bit of improvement in either area helps. For those who ride to work or have a desk job, taking short movement breaks throughout the day is protective. Can't resist watching endless hours of television? Consider buying an exercise bike or a treadmill, and place it squarely in front of the screen. In any case, find a sport or active hobby that you enjoy, and do as much, or as little, as you can, because it all counts.

Source: Monique Tello, MD, MPH Harvard Health Blog August 18, 2016

CASE Events Calendar - November, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	2	3 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	4	5
6	7	8 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	9	10 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	11 Remembrance Day	12
13	14 Education Evening Dr. Adrian Wagg Healthy Aging TFRC 7:00 PM	15 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	16	17 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	18	19
20	21	22 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	23 Social Breakfast SEESA 9 a.m.	24 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	25	26
27	28 Board Meeting Bonny Doone 9 a.m.	29 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	30			