

CARDIAC REHABILITATION & MAINTENANCE PROGRAMS

C.O.A.C.H. AND K.C.E.S.

VOLUME 15, ISSUE 2

UPCOMING EVENTS



15th Annual KGH/Lightbody Classic Tennis & Bocce by the Lake

Calling all BOCCE players! Come out to support this fund raiser for new exercise equipment for our COACH program. Hosted by the Lightbody Family, KGH Foundation & COACH.

Date: Sat. Sept 17th @ noon

Register online:

www.kghfoundation.com/events/kghf-events/

Or call 250-862-4438



Advanced Care Planning Session

Presented by Pamela Luehr, RN on **Monday, Sept 19, 2016,**
2:30-3:30pm @ COACH office

Advanced Care Planning begins by thinking about your beliefs, values and wishes regarding future health care treatment.

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Central Okanagan Association for Cardiac Health
250-763-3433

www.coachkelowna.com

Kelowna Cardiac Exercise Society
www.kelownacardiacsociety.ca

What does a healthy diet and lifestyle look like? How do we live longer and more importantly, how do we do this well, free of chronic diseases like heart disease, cancer, dementia and diabetes that are so widespread today. These are the questions that teams of researchers, including Dan Buettner, author of **The Blue Zones**, have been studying. They have identified regions in the world where the greatest number of centenarians (age>100) live, called the Blue Zones because a team of researchers once circled these areas on a map in blue ink.

Dan's book highlights the top **5 Blue Zone regions** in the world and sheds light on their lifestyle practices that may contribute to longevity and wellness.

What's interesting is these are regions of the world that have vastly differing cultures but share some commonalities that we can learn from. Research focuses on not only what people eat in these regions but also how they eat, their relationship to the food, and their connections to community and each other.

"What we discovered is that the path to a long, healthy life comes from creating an environment around yourself, your family and your community that nudges you into following the right behaviours subtly and relentlessly, just as the environments of the Blue Zones do for their populations."

Buettner, Dan. 2015. *The Blue Zones Solution, Eating and Living Like the World's Healthiest People.*

www.bluezones.com



WHAT ARE THE BLUE ZONES?

Sardinia, Italy

World's highest concentration of centarian men. Live high in hills of mountainous island.

Diet: goat & sheep's milk, flat bread, sourdough bread, fennel, fava beans & chickpeas, tomatoes, almonds, wine

Ikaria, Greece

Island with lowest rates of middle age mortality and dementia

Diet: rich in greens, olive oil, potatoes, feta cheese(goat), black-eyed peas, chickpeas, lemons, herbs, coffee, honey

Okinawa, Japan

Home of world's longest lived women

Diet: rich in tofu, bitter melon, garlic, turmeric, brown rice, green tea, shitake mushrooms, seaweeds

Loma Linda, California

US community with the highest concentration of centenarians -(happen to be Seventh-Day Adventist community with strong, healthy lifestyle principles).

Plant based diet with small amounts of fish or dairy, nuts, avocados, oatmeal, beans, water, whole wheat bread, soy milk

Daily physical activity important

Nicoya Peninsula, Costa Rica

Rica

World's second highest concentration male centenarians

Diet: corn tortillas, squash, papayas, yams, black beans, bananas, peach palms (like sweet potatoes)

Eating for Longevity:

Common diet habits of
the Blue Zones

Plant slant- ~95% diet from
plant source

**High carbs (65%), relatively
low protein (20%), fat (15%)
diet**

Daily dose of BEANS

Handful NUTS daily

**Retreat from meat (2X
weekly), some fish**

**Reduce dairy, occasional egg
(3/week)**

Slash sugar

**Beverages- tea, coffee,
water, wine**



Ikarian Stew (serves 4)

2 cups dried black-eyed peas

½ cup olive oil

1 large yellow or white onion diced (~1 ½
cups)

1 medium fennel bulb, trimmed, halved
and sliced into thin strips OR substitute
celery, cabbage or bok choy

2 tsp garlic minced

3 large carrots, peeled and chopped (~1
cup)

1 large tomato diced (~¾ cup)

2 Tbsp. tomato paste

2 bay leaves

1 tsp salt

4 large kale leaves, slivered OR chard

½ cup chopped fresh dill

Put peas in large pot, add enough cool
water to submerge by 2 inches and bring
to boil over high heat. Boil for 1 min.
Remove from heat and soak for 1 hour.
Drain.

Warm ¼ cup olive oil in large pot over
medium heat. Add onion, fennel; cook,
stirring often, until soft, about 8 min. Add
garlic and cook ~ 20 sec. Stir in black eyed
peas, carrots, tomato, tomato paste, bay
leaves, and salt until tomato paste
dissolves. Add enough water to just cover
the vegetables; raise heat to medium-high
and bring to boil.

Cover, reduce heat to low, and simmer
slowly until black-eyed peas are tender,
about 50 min.

Stir in Kale leaves and dill. Cover and cook
until kale is tender, ~5-10 min. Discard
bay leaves. Ladle into 4 bowls. Drizzle 1
tbsp olive oil on top of each helping.

Freezes well.

It's not just about **WHAT** you eat but **HOW** you
eat:

- **Hara Hachi Bu** -- Okinawans say this before every meal to remind them to eat slowly and eat to only 80% full
- Tend to have breakfast like a king, lunch like a prince, dinner like a pauper
- Cook at home and take control of your ingredients
- Eat with friends, family, avoid TV during meals and eat sitting down
- Create environment that makes the healthy choice the easy choice
- Celebrate and enjoy food; indulge in occasional celebration

National Walk of Life Report

COACH & KCES raised just over \$30,000 at the event Saturday, May 28, 2016. We had over 120 participants this year and look forward to a contribution based on our attendance from the CARDIAC FOUNDATION OF CANADA later in the fall.

Mark your calendar for next year's National Walk of Life on Saturday, May 27th, 2017



Special thanks to Gail Lewis, Norm Grant & Jim Szabo for exceptional individual fund raising efforts (>\$2000 each).



Kelowna Cardiac
Exercise Society (KCES)



Walking & Strength Training Program

An exercise program for managing your cardiac risk factors and enhance your quality of life

Participants are welcome to walk on Monday, Wednesday, Friday anytime between 7-10am

Strength training and stretching instruction is optional and equipment is provided during each 25 minute session

Yoga Fridays starting September 9, 2016

Located at the Capital News Centre--Indoor Track

Upcoming Atrial Fibrillation Sessions

Learn more about Atrial Fibrillation, symptoms, medications & management!

Presented by Nicole Gorman, NP & Anne Pistawka MRSc

@ COACH office

Wed. September 21 @ 2-3:30pm

Wed. October 19 @2-3:30pm

Wed. November 16 @ 2-3:30pm

Please Register @ 250-763-3433