

NEWS UPDATE

# Cardiac Rehabilitation and Maintenance Programs C.O.A.C.H. and K.C.E.S.

FEBRUARY 2019

## Central Okanagan Association for Cardiac Health

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## Kelowna Cardiac Exercise Society

[www.kelownacardiexercise.ca](http://www.kelownacardiexercise.ca)



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**David Marshall** (L) and his brothers, Rick & Bert attended THE 17<sup>th</sup> annual LIGHTBODY TENNIS & BOCCE EVENT in September 2018! David was a passionate supporter of the COACH program & the annual Tennis/Bocce event for over 17 years. Sadly, David passed away in December. He will be fondly remembered and greatly missed by all who were lucky to know him.



The monies raised at last year's event funded new top of the line exercise equipment at COACH as well as a Paediatric Echo Probe for smallest cardiac patients at KGH!

Thanks to the **Lightbody Tennis/Bocce Committee and KGH Foundation** for their time and dedication over the past many years. (R-L) Gordy Charles, Paula Humphries, George Ferguson, Walley Lightbody, Debbie Larry, Anne Pistawka (missing Greg Bishop, Faith Peyton, Bettina Muller, Jennifer Charles, Chandal Schmidt).

## Heart Healthy Changes to Canada's Food Guide

By Shawna Cook, Clinical Exercise Physiologist, Pulse Cardiac Health

Canada's Food Guide has gone through an overhaul, and the results are some great new recommendations to help keep Canadian Hearts Healthy!

There has been a shift from the number of servings in four food groups to a simpler "pattern of eating" approach. The food guide recommends filling  $\frac{1}{2}$  of your plate with a variety of fruits and vegetables,  $\frac{1}{4}$  of your plate with whole grain choices, and  $\frac{1}{4}$  of your plate with healthy protein options. Another change is that dairy is not a stand-alone food group anymore, but YES, it still does exist, just as part of the protein section. The re-naming of Meats & Alternatives, to simply protein is taking some of the emphasis off meat, and instead towards choosing more plant based protein choices.

As the Food Guide states: "Dietary choices made on a regular basis form a person's pattern of eating. Over time, patterns of eating can lead to better or worse health outcomes." Notice the focus is on "patterns of eating" and a shift to considering how you eat over the long term, most of the time. What is really being hammered home here is the idea that if you eat a regular intake of vegetables, fruits, whole grains, and healthy proteins, this eating pattern will have a protective effect on reducing the risk of cardiovascular disease.

The creators have looked at the evidence showing that reducing saturated fat in your diet lowers LDL ("bad") cholesterol and in turn lowers the risk for cardiovascular disease. This is why the new Canada Food Guide recommends that Canadians eat less meat, as this is where most of the saturated fat in our diets comes from. But what has been realized is that simply taking out saturated fat doesn't do the trick. What does however, is replacing those saturated fats with polyunsaturated fats. Examples of food rich in polyunsaturated fats include: Fish (Salmon, Mackerel, Albacore Tuna, Herring, Trout), Walnuts, Chia Seeds, Sunflower seeds, Sunflower, safflower, flax, and corn oil, & Soybeans.

I encourage you to eat the rainbow of colors in all vegetables and fruits, choose whole grains, and choose unsaturated fats as a replacement to saturated fats. Also try plant-based proteins more often like nuts & legumes, or at least stick more towards fish, chicken and turkey, versus beef & pork. And finally, with the other half of the food guide I didn't get into mentioning...enjoy eating! Take your time. Cook & eat with family & friends. Nourish your soul as well as your body.



### Guidelines

\*Vegetables, fruit, whole grains and protein foods should be consumed more regularly. Among protein foods, consume plant-based more often.

\*Foods that contain mostly unsaturated fat should replace foods that contain mostly saturated fats.

\*Water should be the beverage of choice.



## FITNESS FOCUS

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### SHAREABLE RESOURCE

by Teri L. Bladen, M.S., ACSM-EP®, ACSM-GEI®

#### EXERCISE FOR THE (MENTAL) HEALTH OF IT!

With the new year's surge of resolutions, we tend to see an increase in physical activity as people enthusiastically (or begrudgingly) throw themselves into exercise regimens to “get into shape,” “lose 10 lbs,” or “feel better.” Perhaps you are struggling with making that pledge. If you are dragging your feet on making the commitment, let us add another benefit to sweeten the pot: exercise also can have positive effects on your mental health. In a review of exercise and mental health research, Mikkelsen et al. outline the many benefits exercise can have on mental well-being (1).

#### BENEFITS

According to the National Institute of Mental Health and the Harvard Medical School National Comorbidity Survey conducted from 2001 to 2003, an estimated 31.1% of U.S. adults experience an anxiety disorder at some time in their lives, with an estimated 19.1% of U.S. adults having an anxiety disorder in the past year (2). In addition, results from the 2016 National Survey on Drug Use and Health show an estimated 16.2 million U.S. adults had at least one major depressive episode in 2016; this number represented 6.7% of all U.S. adults (3). In the research review, Mikkelsen et al. note that evidence consistently suggests that regular physical activity can significantly improve mental health and lessen symptoms of depression, anxiety, stress, and panic disorder. Encouragingly, positive effects of exercise covered a large part of the life span, with evidence of enhanced mental health also seen in the elderly and adolescents with depression or anxiety. In the largest cross-sectional study to date (1.2 million U.S. individuals between 2011 and 2015), Chekroud et al. found that individuals who exercised had about 1.5 fewer days of poor mental health in the past month than persons who did not exercise (4).

#### AEROBIC OR ANAEROBIC? HOW OFTEN?

The reviewers acknowledge that most of the research conducted on exercise and mental health focuses on aerobic exercises meant to condition the cardiorespiratory system. Although there are fewer studies on training modalities that focus on muscular strength, flexibility, agility, and balance, nonaerobic exercise forms (such as yoga, martial arts, Tai Chi, etc.) did show increased benefits to mood outcomes. Therefore, aerobic exercise may not be the only form of exercise that can positively affect mood. The reviewers conclude that both aerobic and nonaerobic exercise seem to be effective in improving mental health.

Consistency of exercise also may play an important role in promoting positive mental health. As part of the review, a longitudinal study spanning from 1996 to 2007 was retrospectively

analyzed, and it was concluded that consistent exercise, even shorter episodes conducted a few times a week, was significantly associated with lower risk of depressive symptoms (1). In their cross-sectional study, Chekroud et al. noted that the positive association between exercise and mental health was the strongest for individuals who exercised between 30 and 60 minutes per session, three to five times per week (4).

#### DON'T OVERDO IT

Although the review of evidence highlights the multiple benefits exercise has on mental well-being, avoid doing too much too fast. Chekroud et al. found that sessions of more than 23 times per month, or longer than 90 minutes per session, were associated with worse mental health. Consistency in exercise is important, so start with activity that is manageable and gradually increase intensity and duration so that your efforts are sustainable.

#### BUT DO IT

With the review of evidence, Mikkelsen et al. show that consistent exercise can mitigate depression, lessen anxiety, and reduce stress levels. The reviewers conclude that evidence supports exercise as a viable preventative or adjunct treatment option for improved mental health outcomes. The evidence also supports that both aerobic and anaerobic modalities can get the job done. With so many physical benefits to exercise AND a multitude of mental benefits, what is holding you back? Make that commitment to exercise regularly. Do it for the (mental) health of it!

1. Mikkelsen K, Stojanovska L, Polenakovic M, Bosevski M, Apostolopoulos V. Exercise and mental health. *Maturitas*. 2017;106:48–56.
2. Harvard Medical School. National Comorbidity Survey (NCS). (2017 Aug 21). [cited 2018 Sept 18]. Available from: <https://www.hcp.med.harvard.edu/ncs/index.php>.
3. Substance Abuse and Mental Health Services Administration. *Key Substance Use and Mental Health Indicators in the United States: Results From the 2016 National Survey on Drug Use and Health*. (HHS Publication No. SMA 17–5044, NSDUH Series H-52). Rockville (MD): Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration; 2017. [cited 2018 Sept 18]. Available from: <https://www.samhsa.gov/data>.
4. Chekroud S, Gueorguieva R, Zheutlin A, et al. Association between physical exercise and mental health in 1.2 million individuals in the USA between 2011 and 2015: a cross-sectional study. *Lancet Psychiatry*. 2018;5:739–46.

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### **Spinach Filo Pie**

*This is like a frittata but more veggie than eggs!*

- 1 Tbsp olive oil
- 3 cups diced onions
- 3 -10 oz pkgs frozen spinach OR fresh, cooked and drained
- 5-6 eggs
- ½ Parmesan cheese
- ½ cup Feta cheese, crumbled or cubed
- ½ cup pine nuts
- ½ tsp. nutmeg
- Optional- fresh dill (chopped ¼ cup)
- Filo pastry- 6 sheets
- 2-3 T. olive oil, melted becel (butter)



Thaw and drain spinach (or cook fresh and drain). Heat olive oil, sauté onions. Combine spinach, onions, beaten eggs, parmesan, feta, pine nuts, nutmeg, dill. Brush sheets of filo with oil or becel, one at a time. Stack 3 sheets one direction and stack 3 perpendicular (Like a cross). Place filo in pie plate or low casserole dish & pour spinach mix into centre, fold filo edges over top. Will look rustic! Brush filo with extra oil/becel. Bake 375 deg oven for 45 min-1 hour. Cover if getting too brown part way through.

## ***Save the date! National Walk of Life & Fun Run***

***Saturday June 1, 2019 @ 10:00 am***



*Kinsmen Fieldhouse, 3975 Gordon Dr.*

- *Family walk, 1- 6 km (path around CNC/H2O)*
- ***New this year! 5 &10 km Fun Run on Mission Park Greenway***
- *First 100 registrants get free tee-shirt*

*Register online April 2019*

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*The difference between TRY and TRIUMPH is a little UMPH!*

*~Marvin Phillips*