

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

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Central Okanagan
Association for Cardiac
Health

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Kelowna Cardiac
Exercise Society

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Winter Fitness Tips

By Jennifer Taylor, BSc(Kin), CSEP, ACSM CEP

The days are getting shorter, and the temperature is dropping. At this time of the year it is tempting to go into “hibernation mode” – eating more, and moving less. However, our hearts need exercise year round! Besides keeping us “heart healthy”, accumulating the recommended 150 minutes/week of moderate intensity exercise is especially advantageous in the cold winter months.

Maintaining your exercise routine throughout the winter can help:

- Counter overeating and associated weight gain
- Help with SAD (seasonal affective disorder) and depression with exposure to sunlight and Vitamin D
- Increase immunity during the cold and flu season

Adults with cardiovascular disease may need to take a few precautions when exercising outdoors in the winter.

- Cover up- Breathing in cold air may increase the likelihood of respiratory symptoms as well as angina. Covering your mouth with a scarf will help to warm the air you breathe, making it easier to breathe during exercise and less likely that you will develop angina.
- Increase warm-up time, increase your light effort warm up from 5 min. to 8-10 min. at the beginning of your work out.
- Layer- What you wear matters! The American Heart Association recommends for your first layer, you want something that pulls moisture away from your skin, like moisture wicking fabrics used in high-performance sportswear (wool, silk or polypropylene). Next, add a layer of fleece; finally, top with thin waterproof layer

Outdoor winter exercise can present hazards, such as icy sidewalks and brisk, cold winds. Try using poles with spiky ends and grips that are worn over shoes. You may also consider exercising indoors; check out your local YMCA or recreation centre, mall walking program or home exercise circuit.



ACSM SHAREABLE RESOURCE: Walking: A New User's Guide

By Grace T. DeSimone, B.A

Take every opportunity to get steps in your day. A total of 150 minutes per week of moderate-intensity physical activity is the minimum recommended dose. This can be accomplished in small bouts – 10 minutes at a time.

A good rule of thumb is if you can't talk while you walk, you may be beyond a moderate intensity. If you are walking at a moderate pace, you should find that talking to a partner is quite easy. When you pick up your pace to a brisk walk, you may not be able to deliver a monologue gracefully, but you should still be able to speak comfortably. If you are too breathless to speak, reduce your pace a bit.

All walks should begin with a 3- to 5-minute warm-up performed at an easy walking pace. This provides a chance for your body temperature to rise, leaving you with an overall feeling of warmth. While walking, take the time to roll your shoulders forward and backward, lift them to your ears and pull them down, drop your chin to your chest, move your head from side to side, and flex your hands during your walking warm-up.

Fabulous Form:

Head: Center the head between the shoulders. Focus the eyes straight ahead.

Shoulders: Press the shoulder girdle down toward your waist.

When you find the shoulders tensing up toward your ears, take them down.

Chest: The chest should be lifted – be tall and proud.

Arms: Serious walkers bend their elbows at 90°, but you don't have to if that's not comfortable for you. Just keep them low and slightly bent.

Hands: Imagine you are holding an egg in each cupped hand. Squeeze too hard and you'll break it; open too far and you'll drop it.

Abdominals: Press your navel toward your spine. This will help protect your lower back, improve posture, and engage the core muscles.

Hips: Walk as if your leg starts at your waist. The hips should move forward and back, not side to side.

Feet: Hit squarely on the heels with the toes flexing upward.



Tai Chi Today

'*Tai chi*' is a centuries old Chinese mind-body exercise that grew out of martial arts. Today it is the national health exercise of China and is practiced by over 200,000,000 people. Tai Chi involves slow flowing, choreographed movements done in repeated sequences with a meditative quality to it. Phrases like 'wave hands like clouds' and 'swallow skinning the pond' evoke images of the natural world while moving with beauty and ease. There are multiple forms and it is adaptive to all abilities. Muscles are tensed and released in a series of circular movements that can help improve muscle strength, flexibility & balance. The repeated sequences also promote brain plasticity as the learner progresses from simple to more complex routines. The practice of Tai Chi may be a great addition to any healthy exercise regime. In Kelowna, there are a range of sites that offer Tai Chi for Beginners. Check out Parkinson Recreation Guide & following.



Tae Kwon Do

209-1891 Springfield Rd
Weds & Fri 9-10:15am
Jacquie 250-765-4668
Jim 250-763-7639

Ukrainian Othodox Church Hall

1935A Barlee Rd
Mon & Wed 6-7:30pm
Jacquie 250-765-4668
Jim 250-763-7639

St. Andrew's Anglican Church

419 Lakeshore Rd
Mondays 9:30-10am
Anne 250-764-6396

Canada Food Guide; Time for a Change 2018

CFG was first published in 1942 when the country was at war. The goal was to keep the armed forces healthy & strong, secondly to encourage Canadians to eat enough during time of rationing and poverty. Times have drastically changed and now we have an abundance of food, getting enough is not the problem. Chances are you recognize the colourful food group rainbow with examples of serving sizes of last revision (2007). Although widely used by Canadians and health care professionals critics have voiced complex & cumbersome counting of servings & sizes, fruit juice is considered a fruit serving, and dairy is under fire as a food group. Critics are concerned that the development of the food guide may be biased from influence of the food industry. This has led to a recent multistage public consultation process to revise the food guide with no involvement of industry. The first and second phases of the new guide will be released later in 2018 & 2019, respectively, but some of the general principles have been reported, namely:

- What to eat? Emphasis on more plant based diet including more vegetables, fruit, beans, nuts, whole grains
- What not to eat? Processed foods, salt, sugar, preservatives
- How to eat? Prepare meals at home, eat with family and friends, eat at table rather than on the go

Registered Dietician Vincci Tsui says when counseling clients she focuses more on improving 'intuitive eating', i.e., paying attention to inner cues, self regulation of what and how much you are eating rather than external cues like time of day, other peoples eating habits and customs. We await the new guide and hope that it will support and guide us all on the never-ending quest to eat healthy diet that gives us energy & quality of life.

Black Bean Chili (makes 8 quarts)

Perfect for winter day, this chili gets better over day or two. It's loaded with veggies and fibre rich beans. You can easily cut recipe in half, or add any other vegetable you like (cubes of sweet potato, red/green peppers, turnip, eggplant). Look for canned beans with low salt.

Saute veggies below until soft

¼ cup oil
 2 onions, diced
 6 carrots, diced
 2 zucchinis, diced
 1 jalapeno pepper, diced finely (optional)
 1 tbsp garlic, minced
Add above spices/herbs, sauté 2-3 min more
 ¼ cup chili powder
 2 tsp ground cumin, 2 tsp basil, 2 tsp oregano
 2 bay leaves, 2 tsp salt

Add: 1 -19 oz can chickpeas, drained, rinsed
 1 can kidney beans, drained, rinsed
 2 cups corn frozen or fresh
 2 cans black beans, drained, rinsed
 2- 28 oz cans diced tomatoes
 1 bottle beer (darker one is nice)
 1 tsp chipotle in adobe paste (can buy in small can)
Add: water or stock to cover, let simmer for ~one hour stirring often. Add salt & pepper to tast (Cilantro chopped, limes, grated cheese to serve)

Source: Whitewater Cooks (original) by Shelley Adams, pg.58

COACH Cardiac
Educational Series

Eat Smart
 Medications
 Anatomy & Procedures
 Exercise & Risk Factors
 Stress Management

Mondays: 10-11:30am

At COACH office OR Broadcast via
 Videoconference to the following
 communities:
 Williams Lake
 Merritt
 Grand Forks
 Trail
 Salmon Arm
 Creston

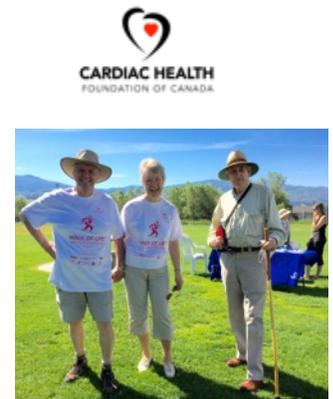
For more information, please call or
 email COACH office:
 250-763-3433
 office@coachkelowna.com

COACH/KCES Fund Raising Events

Annual Walk of Life Report

This year's event on May 27, 2017 was a success! **\$35,000**
 was raised for COACH & KCES Programs.

Mark your calendar, next year's event:
 Saturday, June 2, 2018!



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 7:45am

Located at the Capital News Centre--
 Indoor Track

16th Annual Tennis & Bocce by the Lake Event

This fun event on Sat. Sept. 16th raised **\$45,000** for cardiac
 care! This will fund an automatic dye injector for angiograms at
 KGH as well as equipment for COACH/KCES programs. Thanks to
 all who participated and donated!

