

Cardiac Rehabilitation and Maintenance Programs

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

VOLUME 17, ISSUE 3

OCTOBER 2018

Central Okanagan Association for Cardiac Health

#204-2622 Pandosy St.
Kelowna, BC V1Y 1V6
250-763-3433

<http://www.coachkelowna.com>

Kelowna Cardiac Exercise Society

www.kelownacardiacexercise.ca



Fund Raising reports..... p. 1
 Shovelling for Success.....p. 2
 Heart & Stroke Report.....p. 3
 Take a Deep Breath!.....p. 4
 INSTAPOT Curry Veg.....p. 4

2018 COACH National Walk

We had an extremely successful National Walk this year! 120 participants walked along the beautiful Mission Park Greenway to raise funds for the COACH and KCES programs. We are pleased to announce the National Walk of Life raised over \$32,000 for local cardiac rehabilitation in Kelowna!

A shout out to our top individual fundraisers:

1. Gail Lewis- \$ 7,000
2. Norm Grant- \$ 3,075
3. Steve Thomson \$1,175
4. Tana Cloutier \$ 750

We also thank various local corporate sponsors and community donations that support the National Walk of Life!

**Mark your calendars for next year's Walk
Sat. June 1, 2019**



Lightbody Tennis & Bocce Event September 15, 2018

A fun-filled event that raised over \$50,000 for cardiac care at KGH (paediatric echo probe) and COACH (treadmills/bike). This year's Bocce champions were our very own Jacqueline Gabelhouse and Gail Lewis. Congrats!





THE SCOOP ON SHOVELLING SUCCESS

By Grace T. DeSimone, ACSM Shareable Resource

Whether it's a garden or snow shovel, there's a backache waiting for you if you dig in without any regard for your mechanics. I'm sure you would agree that a shovel is clearly a piece of exercise equipment. Because this activity also places high stress on the heart, you should always speak with your doctor before shovelling.

YOUR EQUIPMENT

Bigger is not better: Choose a shovel that is right for you. A smaller blade is better than a larger blade because it reduces the temptation to pick up an unrealistic load.

Lighten your load: A plastic shovel blade will generally be lighter than a metal one, thus putting less strain on your spine. Ergonomic shovels will reduce the stress on your body and are an excellent choice.



SHOVELING DAY

Dress Appropriately: If you are in the elements, wear loose-fitting clothes that allow you to move freely. Dress for the elements; a hat, gloves, and sunglasses are appropriate for hot or cold climates. And during the winter months, layer clothing so you can easily discard layers as you heat up and add back as you cool off.

Warm Up: Spend about 10 minutes warming up. Shrug your shoulders, circle your arms, do some planks, light squats, and knee lifts to ensure your muscles are warm before you start shovelling. Cold, tight muscles are more likely to strain than warm, relaxed muscles.

Get A Grip: When you grip the shovel, make sure your hands are at least 12 inches apart. By creating distance between your hands, you increase your leverage and reduce the strain on your body. Periodically change your grip on the hand holding the handle (palm under vs. palm over).

Push and Scoop: Your shovelling technique is very important. Push snow or dirt and scoop it lifting with your legs. Squat with your legs apart, knees bent, and back straight for each scoop. Bending over at the waist to shovel can result in back strain or other issues. Scoop small amounts into the shovel and walk to the location you want to unload it.

Slow and Steady: Never remove a deep load all at once; do it piecemeal. Shovel an inch or two; then take another inch off. Pace yourself and avoid rushing because your speed, the weight of the shovel, and its contents affect your cardiovascular system and the intensity of the activity.

Switch Sides: Even though you may favour one side, avoid overusing that side because that is a common way to strain one side of your back. Instead, shovel 10 digs with your right hand on top and 10 digs with your left. This will balance out the workout and avoid muscular fatigue.

Twist Free: Avoid twisting your spine while lifting and unloading. Even twisting the wrist while unloading snow can result in an overuse injury. The load can be tipped off the side of the shovel, without twisting your back. Remember to move your feet to gain an easy angle rather than twisting around.

Safe and Simple: Never throw snow or dirt over your shoulder. Remember that wet snow or dirt can be very heavy. One full shovel load can weigh as much as 25 lbs.

Rest Stops: Avoid marathon-shovelling adventures. Work in intervals, taking breaks to rest and stretch. Hydrate with a cool or warm drink based on your climate. Realize you are doing an activity that is not a daily exercise for you and one that can be very taxing. If you experience pain of any kind, stop immediately and seek assistance.

© 2018 American College of Sports Medicine. Reprint permission granted.

Kindness is like snow-It beautifies everything it covers. ~Kahul Gibran

2018 Heart & Stroke Foundation Heart Report



Every year, the Heart & Stroke Foundation publishes a Heart Report that explores important topics, news and research in heart health. This year, the report focuses on women and heart disease titled, “MS.UNDERSTOOD; Women’s hearts are victims of a system that is ill-equipped to diagnose, treat and support them. “

Some of the reports’ highlights:

- Heart disease is the leading cause of premature death for women in Canada (dying before reaching their expected lifespan)
- Early heart attack signs were missed in 78% of women
- Every 20 minutes a woman in Canada dies from heart disease
- Five times as many women die from heart disease as breast cancer
- Two-thirds of heart disease clinical research focuses on men
- Women who have a heart attack are more likely to die or suffer a second heart attack compared to men

“Women’s hearts are still misunderstood. We are decades behind in our knowledge of the differences between men’s and women’s hearts,” says Yves Savoie, CEO of Heart & Stroke.

What are the differences? Women’s hearts and coronary arteries are smaller than men’s, women tend to have lower blood pressure and faster resting heart rates than age-matched men, there are differences in how plaque builds up in in womens’ hearts, the electrical pattern’s are different, and there is the impact of pregnancy, menopause and hormonal changes throughout womens’ lives. In addition, early recognition lags in women and they are 50% less likely to participate in cardiac rehabilitation.


The report ends with a vision for women’s heart health. It calls for action to close gaps in understanding; advocating for changes in how research is done and healthcare delivered to improve our knowledge of diagnosis, treatment and support for women with heart disease.

<http://www.heartandstroke.ca/what-we-do/media-centre/heart-report>

Educational & exercise videos specifically created to support those who have had a heart event.


Delivered by qualified cardiac health professionals you can trust.

GET A 30 DAY FREE TRIAL
pulsecardiachealth.com/trial30



Cam Towle
Registered Cardiac Nurse
Cardiac Cath Lab at Kelowna
General Hospital.

Shawna Cook
Clinical Exercise Physiologist
Cardiac Rehabilitation at
C.O.A.C.H.



**Pulse
Cardiac Health**

COACH Cardiac Educational Series

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

Mondays: 10-11:30am

Broadcast via Videoconference to
the following communities:

Creston	Fernie
Golden	Grand Forks
Invermere	Kimberley
Merritt	Salmon Arm
Trail	Williams Lake
Elkford	Sparwood

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

Deep breathing can help calm and is often the first step in meditation practice. Here is a simple 3-part breath that can be practiced and incorporated into everyday life.

1. Lie down on back with knees bent. Breathe in and out through nose, slowing breath on exhale to match that of inhale. Place right hand on stomach and notice that as you breathe in, your stomach rises.
2. On next breath, as you start to breathe in and tummy rises, push stomach out even further and fill your lungs more deeply.
3. Place left hand on left part of lower ribs, on next breath, let stomach rise, continue to inhale deeply and now focus on expanding lower ribs.
4. Move right hand to breastbone (sternum). Proceed with breath cycle as before expanding stomach, lower ribs and finally focus on filling upper ribs with air.
5. Continue with this **3-part breath** for a couple more cycles.

Practice without hands on chest/stomach. Practice in other postures, i.e. sitting, standing. Use this breath in daily life especially if you get stressed, during exercise or when you need some relaxation.



Instapot or Stove Top Thai Curry Vegetables

4 cups diced veggies - ½ -1" pieces (carrots, peeled sweet potato, cauliflower, zucchini, green beans) or whatever you have on hand (peppers, broccoli, potatoes)
½ cup uncooked red lentils
1 14 oz. can light coconut milk
1 28 oz can diced tomatoes with juice
2 Tbsp red curry paste* OR 1 Tbsp curry powder

1 tsp. dried or minced onion
½ tsp. garlic powder
½ tsp salt (optional)
¼ tsp cayenne
¼ tsp ground pepper
2 cups chopped kale or spinach
2/3 cup frozen peas

Combine all ingredients except for kale and peas in **Instapot** and mix together a little. Add a little water if liquid doesn't just cover veg. Secure lid and turn Steam release handle to sealing position. Press 'Pressure Cook' and set 7 minutes on high pressure. When done, use quick release turning steam release handle carefully to venting. When float valve has lowered release lid and add chopped greens and peas, place lid on for few minutes. Serve over grain of choice.

STOVE TOP: In large pot, heat 1 Tbsp coconut or canola oil, sauté vegetables for 5 min. Add rest of ingredients except kale and peas and cook over medium heat uncovered 20-25 min. Add kale and peas and cook few minutes more. ***NOTE:** This is really good with the red curry paste you can find in Asian food section of grocery store. (Save On, Superstore)