



Heart Murmurs

April 2020

Cardiac Athletic Society Edmonton - Contacts

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Heart Murmurs is the newsletter of CASE published in February, March, April, May, September, October, November and December each year. Suggested articles can be submitted to Barry Clark at kbclark1@telus.net Back issues of the newsletter are posted on the CASE website at: <http://www.edmontoncase.ca>

If you wish to unsubscribe from this newsletter, please e-mail stuart_e@telus.net with a subject line 'unsubscribe'.

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Support for CASE

As a recognized charitable institution, CASE makes a significant difference to people interested in maintaining their heart health. If you make a financial gift, either as a direct contribution, or in the memory of a member who has passed, we will issue a tax receipt.

A SPECIAL MESSAGE

AN OPPORTUNITY FOR VIRTUAL EXERCISE WITH LYNN!

Hi Everyone! Since we have no idea when the rec centres will reopen, I have been looking into teaching **VIRTUAL LIVE ESSESTRICS CLASSES** online.

What **Virtual Live** means is you can participate with me on a regular, specific day and time in the comfort of your own home! We will do **Essentrics** because it is the best way to stay strong and flexible and it is done stationary.

We will be able to interact with each other just like FaceTime or Skype which you might already be doing with friends or family. The platform I will be using is called Zoom.

I would love to do a class with you...CASE members only and/or your family. You will need a Lap top or iPad (iPad is pretty small for viewing but not impossible) and ideally a lap top that can hook up to your TV so that you get a bigger view of me which will make it easier for you to follow me. I will be able to see all of you and will be communicating with you as I do in class.



I am in the initial stages of setting this up but it's almost complete. I wanted to take the opportunity of the newsletter to let you know about this. I will not go into detail here. What I would like to do first, is to see who of you are interested and have the means to participate.

If this is something you would like to do, please email me at lbohuch85@gmail.com by April 6 and let me know you are interested.

SHUCKS!...You can even email just to chat if you'd like. I'd love to hear from you! There may be a minimal cost associated with this as I need to pay for the platform, music license and liability insurance. I will follow up with an email with more details, (even details on how to hook your laptop to your TV) to all those who have contacted me. You can even decide after April 6 if you like, you can join in the fun anytime!

If this goes well, and the closure is much longer than expected, I may be able to do a similar type class as Healthy at Heart but instead of walking we would march on the spot....soup cans instead of weights...towels instead of bands, etc.

So that's it for now. I sincerely hope that each and everyone of you do your part to stay healthy and active during this difficult time. I know I am!

"And soon this too shall pass"

Looking forward to hearing from you!

Lynn

A NOTE FROM THE PRESIDENT

The Covid-19 outbreak has effectively shut down all CASE functions because many of them involve group activities where we are in close contact with each other and the facilities we were using have been closed. Although the initial thoughts were that this would only be for a month, I think we have all come to the realization that this could drag

out for at least another month or two. That is why our current Calendar shows all CASE activities as cancelled.

So, what are CASE members to do in the interim. In putting together this newsletter, Barry Clark has provided several suggestions of how to keep fit in your home. These exercises will help keep our CASE members active until we can once again exercise at the Terwillegar Community Recreation Centre. Lynn is providing another opportunity as outlined above.

One of the most important things that CASE does in addition to exercise is to provide opportunities for our members to socialize. The opportunities to socialize have been significantly reduced. We must now rely on social media to keep connected. I would like to suggest that CASE members contact each other just to say hello and check up on how they are doing. This is our opportunity to let everyone know we are still thinking about them.

Although we are living in a time of uncertainty, we should know that we are all in this together. Stay safe.

Gary Duguay
President
CASE

DO IT YOURSELF, CASE

Heart health is the primary focus of CASE. Sadly, the impact of Corovid 19 has shut down all opportunities for our joint physical and social activities that help to keep us healthy. Because we are all house-bound for the (un)foreseeable future does not mean we have to sit and vegetate. Lynn is offering a unique opportunity to keep fit. There have been several recent articles making suggestions about how we can work to maintain or improve our physical health without leaving home (except perhaps for solitary walking). If these do not meet your needs, look online. There are lots of ideas about how to keep moving. This issue of Heart Murmurs has assembled a few. Above all, keep moving and stay healthy!

A QUICK GUIDE TO KEEPING FIT IN YOUR HOME

Although we have to stay at home, it is vital that we keep moving. As we age, we naturally lose muscle mass at a steady rate and this accelerates past the age of 75. "However, even a short period of sedentary living can dramatically increase this decline," says Caroline Clarke, an occupational therapist at Age UK. Here's a quick guiding to using your home as a gym to stay fit.

Climb the Stairs: Stair climbing works your heart, lungs and leg muscles. Japanese research found that using the stairs for two sets of three minutes in the one to two hours

after eating lowered blood sugar levels in those with type 2 diabetes. Personal trainer Elliot Upton says: "Even taking side steps while holding the bannister challenges the body in different ways." You can also march on the spot if you don't have stairs.

Push Walls: Pushing against something that won't move while you also don't move creates what's known as an isometric contraction of the muscle. Isometric exercises help maintain muscle mass and can be particularly good for people recovering from injury or with problems such as arthritis, which can affect movement and lower blood pressure. A couple of simple moves can get you started. First, stand with feet 2 inches away from the wall, hands pressed against it in an upright press-up position. Lean forward and push and hold for 10 seconds. Now, move your feet back another 2 inches and repeat the hold. Keep moving back until you reach the point when you start with straight arms.

Improvise Weights: A backpack filled with books can act like a weighted vest. You can climb up the stairs with it on, or perform lunges, squats or push-ups. One trainer likes to raid her kitchen for makeshift weights. "I have a heavy Le Creuset pan that I have been known to use in a workout. "It's good for side bends targeting the oblique muscles. Or I squat, grab it and then raise it straight over my head before repeating."

Video Classes: AGE UK has a free exercise video appropriate for all older people who want to work out at home. It can be downloaded from generationgames.org.uk

Source: Helen Foster 19 March, 2020 <http://www.irishnews.com/lifestyle/2020/03/19/news/coronavirus-our-quick-guide-to-keeping-fit-without-having-to-leave-your-house-1870351/>

TAKE CARE OF YOURSELF IN QUARANTINE OR ISOLATION STARTING NOW

"Trying to preserve some sense of normalcy is really important for people's well-being," said Dr. Russell G. Buhr, a pulmonologist at U.C.L.A. Health. Maintaining a routine like getting up and getting dressed and doing what you usually do, can positively affect mental health. "And good mental health promotes good physical health," he added.

But there's more to do. Dani Johnson, a physical therapist at the Mayo Clinic Healthy Living Program, encourages people who are staying home to get creative. "Every little bit of movement counts," she said. "So when we're confined to our home, move, move, move." You don't need fancy equipment or a lot of time; you just need to weave exercise into your schedule.

The American Heart Association recommends adults engage in at least 150 minutes (two and a half hours) per week of moderate-intensity aerobic activity, or 75 minutes per week of vigorous aerobic activity. A combination of both would work too, preferably spread throughout the week. Let's start with six things you can do every day to maintain your physical and mental health if you're isolating at home.

Right now, start bringing movement into tiny moments: Next time you watch a TV show, get up and do some squats during the commercials, Ms. Johnson said. Do heel raises when you're washing dishes. Do side lunges when you're throwing clothes in the dryer.

Improvise for tools — they're all around you: There are ways to add resistance even when lacking proper gym equipment. Ms. Johnson recommends tossing cans of food in a bag that you carry around the house. That becomes a weight for building strength and endurance.

Get your heart rate up, multiple times a day: "Stairs can be your cardiovascular best friend," Ms. Johnson said. If you have access to stairs in your home or apartment, going up and down those stairs is a great way to get your blood pumping. For a great full-body home workout, you can do an entire circuit sequence for up to 30 to 45 minutes. If you are working movement into your daily tasks, she also suggests creating more activity while doing things you already need to get done. For example, if you're carrying laundry upstairs, take an extra lap or two up and down the stairs to work in extra steps. "Every little bit counts toward a healthier you," Ms. Johnson said. A professor of medicine at Harvard Medical School, recommends simple fitness exercises like marching in place, doing jumping jacks or jogging in place with high knees.

Get out and walk, even for just 15 minutes: As long as the public health practitioners haven't suggested a total lockdown, and you're able to maintain a reasonable amount of distance, and you're being good about hand hygiene, then getting outside for a walk is good. It clears your mind, and it keeps you active. Everyone should all aim for 150 minutes of physical activity every week, he said, but the amount of time you walk each day can vary. What counts is that you're moving your body and maintaining physical isolation from others.

Stretch it out for at least 30 seconds: Stretching is essential because it helps maintain flexibility. The Mayo Clinic says you should be stretching at least two to three times a week and you should hold each stretch for 30 seconds for most areas and up to 60 seconds for sore or problem areas. Don't bounce, which can cause injury. Expect to feel tension while you're stretching, but not pain.



Credit...Photo Illustration by The New York Times; courtesy of Dani Johnson

Work on your breathing, because anxiety is real: Ms. Johnson recommends a technique called diaphragmatic breathing. Lie down on your back and put your hands on your abdominal region. When you breathe in, make your belly rise. And when you breathe out, your belly should fall. Stay in that position and take 10 deep breaths. “It’s really important that we take a few moments and pause and really just sort of relax ourselves and our nervous system,” Ms. Johnson said.

Make sure you clean up after yourself. Dr. Buhr said that even if you’re doing activities in your home, you still need to observe the same kind of hygiene practices that health officials are advising. You should wash your hands carefully and try not to touch your face. If you need to touch your face, he recommends using a clean towel. And if you’re using any kind of gym equipment at home, clean it with soap and water or any household cleaner before and after so that if you’re sharing it with others, you’re not spreading germs around.

Resources you can take advantage of online

- Here’s a thorough guide to yoga for people of all experience levels, with links to a variety of apps and classes. <https://www.nytimes.com/guides/well/beginner-yoga>
If you’re looking to relax, this guide to yoga can help walk you through it.
- A series of six-minute workout videos that exercise four main muscle groups: cardio, the lower body, the upper body and the core.
- A guide to a nine-minute strength workout that should be used two to three times a week for maximum benefits. <https://www.nytimes.com/guides/well/strength-training-plyometrics>
- A guide to meditation, if you just need grounding.
<https://www.nytimes.com/guides/well/how-to-meditate>

Source: By [Anna Goldfarb](#) NY Times Published March 20, 2020 Updated March 22, 2020
<https://www.nytimes.com/2020/03/20/style/self-care/isolation-exercise-meditation-coronavirus.html>

CASE Events Calendar - April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Exercise Program Cancelled Until further notice	3	4
5	6	7 Exercise Program Cancelled Until further notice	8	9 Exercise Program Cancelled Until further notice	10	11
12	13	14 Exercise Program Cancelled Until further notice	15	16 Exercise Program Cancelled Until further notice	17	18
19	20 Education Evening Cancelled	21 Exercise Program Cancelled Until further notice	22 Social Breakfast Cancelled	23 Exercise Program Cancelled Until further notice	24	25
26	27 Board Meeting Cancelled	28 Exercise Program Cancelled Until further notice	29	30 Exercise Program Cancelled Until further notice		