



# Heart Murmurs

December 2021

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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](mailto: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](mailto:stuart_e@telus.net) with a subject line 'unsubscribe'.

### **Cardiac Athletic Society Edmonton Board**

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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.

## **CHRISTMAS WISHES FROM CASE**



We hope that the Christmas season will be a hopeful and healthy time for you and your friends and family! As the picture shows, the sun always rises – even in the depths of winter or a pandemic!

We all hope that 2022 will be the year when we can get together again and meet with friends and family, enjoy exercising in our group, and experience social events together!

## ***OPTIMIZE YOUR EXERCISE ROUTINE***

When it comes to exercise, timing is everything, but not in the way we normally think about timing. What matters most is making the time to exercise regularly, not when it happens. That said, your personal experience and specific goals may influence what workout schedule works best for you. "If you're just starting a physical activity routine, any time that you feel motivated and energized enough to exercise is the best time for you," says Dr. Beth Frates, clinical assistant professor of physical medicine and rehabilitation at Harvard Medical School. For some people, that's in the morning; for others, the afternoon works better. But if you can work out with a friend, choose a time that works best for both of you. Teaming up with an exercise buddy is more enjoyable, and you can hold each other accountable.

***The morning advantage:*** Exercising early in the day may have other advantages for reluctant or less-enthusiastic exercisers. If you wait until later in the day, it weighs on you all day long and you're more likely to come up with excuses for not exercising. There's evidence that exercising the first thing in the morning (before breakfast) helps people burn more stored body fat. But does that really help people lose more weight? The jury's still out on that question, says Dr. Frates. If you're trying to shed pounds, experiment on yourself. Exercise before breakfast for four weeks, then after breakfast for the next four weeks. See how you feel and whether one timing strategy helps you lose more weight than the other.

Another potential benefit for early-bird exercisers is taking advantage of the "feel good" brain chemicals, dopamine, and serotonin, that are released during physical activity. That can set you up for success throughout the whole day and may increase your concentration and creativity. Some research also suggests that people who exercise in the morning are more careful with their food choices throughout the day.

***The argument for afternoon:*** But for other people, an afternoon workout has certain advantages. If you're not a morning person, you'll probably prefer exercising later in the day. Plus, your joints and muscles will probably feel more limber in the afternoon than in the morning. Also, people often experience a midafternoon lull around 3 p.m. Rather than having a snack or a cup of coffee, use exercise to re-energize yourself. And if you're trying to lose or maintain your weight, try doing a short burst of exercise as a distraction when you're craving a treat, no matter what time of day that happens.

***Food, drink, and sleep:*** It's best to wait at least three hours after a large meal before exercising. But if you have just a small meal or snack, waiting an hour is fine. However, highly trained athletes who want to boost their performance often like to have a small, carbohydrate-rich snack such as a banana or a slice of whole-grain toast shortly before their workout. Carbohydrates provide quick fuel for short, high-intensity exercise.

Exercise, particularly morning exercise, can be challenging if you're dehydrated, which can happen when you're not drinking enough water throughout the day on a routine basis. In fact, if you're dehydrated and not well fed from the previous day (or days) and you exercise before breakfast, you probably won't have enough energy for an enjoyable, effective workout. You might even become dizzy, which could be dangerous. Don't assume that simply drinking a big glass of water right before you exercise will do the trick; drinking fluids throughout the day is important.

Getting at least seven hours of sleep each night benefits your health in many ways, and exercise can help. People who exercise regularly tend to fall asleep more quickly at bedtime (spend less time falling asleep) as well as spend less time lying awake in bed during the night. If you've had a poor night's sleep for any reason, you might feel too tired to exercise. If that's the case, try taking a nap (ideally before 3 p.m. and for only 20 to 30 minutes) and exercise afterward.

***Shorter versus longer stints:*** Finally, novice exercisers may find it easier to break their exercise into shorter chunks of time. Even five minutes at a time counts toward your goal of 150 minutes per week. Build up your endurance gradually. Once you're able to exercise for 30 minutes at a time, you can ramp up your speed and intensity which boosts your calorie burn and cardiovascular health.

Source: Harvard Heart Letter Published: May 2021

## ***HEART HEALTH TIPS FOR PANDEMIC TIMES***

Up to 80 per cent of premature heart disease and stroke can be prevented through healthy habits, such as eating a healthy diet and being physically active, according to the Heart and Stroke Foundation of Canada. Despite this, making healthy lifestyle choices, such as getting enough exercise, can be much more difficult during a global pandemic.

There's exercise, which gets your heart pumping, and then there is movement. And you need both, according to Patrice Lindsay, PhD, Director of Health Systems Change at the Heart and Stroke Foundation of Canada. "Being stuck at home, people aren't moving," she says. During lockdowns and temporary closures, we lose out on a lot of everyday movement, like running errands or meeting a friend for coffee. Make it a point to get up from the computer or couch every hour, even if it's just walking to the kitchen for a glass of water, so your blood's not pooling.

Some people find they're more sluggish during the pandemic, but "it's because they're not as active," says Lindsay. "Combining exercise and movement and getting proper rest at the proper time, that routine is critical and balancing that with a healthy diet."

The foundation recommends seven to 10 servings of fruit and vegetables each day, choosing whole grains and skipping highly processed foods. There's nothing wrong with occasionally baking sourdough bread to ease your pandemic anxieties but if you're going through several loaves a week (and a lot of butter is involved), that's another story.

Physical and emotional health are key worries for people living with a heart condition, stroke, or vascular cognitive impairment (VCI) and for caregivers during the pandemic, according to the Heart & Stroke COVID-19 Impact Survey conducted in May 2020.

More than half of respondents living with a heart condition had concerns about their physical health (54 per cent), and almost half had concerns about their emotional health (46 per cent). Two in five people reported being isolated from physical distancing.

Most respondents noted the “significant mental health and emotional impacts of being isolated, lack of informal support, family issues, sense of vulnerability and fear,” according to the survey. They also expressed concern over negative health behaviours such as increased eating, decreased exercise and longer intense work hours. Stress can increase your risk of heart disease and stroke and lead to depression and anxiety. Managing stress is critical: exercise helps, as does human contact, even if that contact is virtual. Joining online clubs or communities can help with feelings of isolation.

Telemedicine is turning out to be a lifeline during the pandemic, and it's particularly useful for monitoring ongoing health conditions and making medication adjustments. A lot of that can be done online during a 10-minute virtual appointment. “Virtual care increases access and equity for those who don't live in urban centres. “It's really important not to miss follow-up appointments, having your blood pressure checked regularly and you can still do that in a virtual world.”

But anyone with worsening symptoms or new sudden onset symptoms should go to a hospital, she adds. And anyone experiencing chest pain or other signs of a heart attack or stroke should call 911. That's because those who seek immediate help have better outcomes than those who ignore symptoms until they get worse. People can become seriously ill or worse by ignoring their symptoms or being afraid to go to the hospital during COVID-19. If you need help, you need to get it immediately.

Source: Vawn Himmelsbach | February 1st, 2021  
<https://www.everythingzoomer.com/travel/2021/02/01/looking-at-old-travel-pics-could-help-boost-happiness-while-grounded-by-the-pandemic/>

# CASE Events Calendar - December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	3	4
5	6	7 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	8	9 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	10	11
12	13	14 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	15	16 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	17	18
19	20	21 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	22	23 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	24	25 Christmas Day
26 Boxing Day	27	28 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	29	30 <b>Essentrics and Cardio 11:00 to 12:15</b> Zoom with Lynn	31 New Years Eve	

Note: Watch email for more detail on activities and events.

# CASE Events Calendar - January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Years Day
2	3	4 Exercise to be announced	5	6 Exercise to be announced	7	8
9	10	11 Exercise to be announced	12	13 Exercise to be announced	14	15
16	17	18 Exercise to be announced	19	20 Welcome back dinner 5:30 PM Boston Pizza Calgary Trail	21	22
23	24 Board Meeting 10:00	25 Exercise to be announced	26 Social Breakfast SEESA	27 Exercise to be announced	28	29
30	31					

Note: Watch email for more detail on activities and events.