



The newsletter of the Cardiac Athletic Society Edmonton (CASE)

HAPPENINGS AND HIGHLIGHTS.

Social Breakfast

- Thursday January 4, 2024, Pure Casino
9:30 AM

Healthy at Heart

- Tuesdays and Thursdays at TFRC
11:30 to 12:45

Welcome Back Dinner

- Boston Pizza
Wednesday January 10, 2024



SEASONS GREETINGS

CASE hopes you have a wonderful Christmas and an active and healthy New Year!

A REMINDER

2024 CASE membership dues of \$30 are payable by December 31, 2023. You may pay by e-transfer at CASE.Deposits@gmail.com noting on the transfer that the payment is for your 2024 CASE Membership. Thanks!

KEEP ON EXERCISING – A MESSAGE FROM THE PRESIDENT

In 2023, CASE had been expecting to see an increase in the number of participants in our various exercise programs to return to the level we had achieved pre-Covid. We are disappointed to report that this has not happened. Instead, and we have seen the attendance at many exercise programs steadily decline.

Cardiac Athletic Society Edmonton - Contacts

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As an organization, with a mission to promote heart health through active participation in heart-healthy fitness programs, this is a concern. We have therefore created an ***Exercise Incentive Program*** to encourage all members of CASE to exercise.

This program will provide a refund of up to \$100, for your paid attendance at an exercise program of your choice. ***The Exercise Incentive Program*** is limited to the first 75 members of CASE, in good standing, who apply. At the end of 2024 we will evaluate the ***Exercise Incentive Program*** to determine its effectiveness in encouraging our members to exercise. Details on how to apply will be circulated in early January.

Gary Duguay
President

EXPLORING OPTIONS FOR EXERCISE...

CASE supports its members being involved in a range of exercise activities. The ***Healthy at Heart*** program delivered through Terwillegar has been our core program for years and has evolved as the City adapted to covid, and as instructors and participants have changed. In the last few years, walking programs, golf, virtual Essentrics all have been offered to members. That said, our overall attendance at Terwillegar has declined significantly over the last few years. There are several reasons: covid disrupted group exercise programs for many months, the facilities and instructors changed, and we all are getting a year older every year and aches and pains become more noticeable!

Are there exercise options that may better suit your needs and abilities? In the recent survey members have suggested that CASE might support other exercise activities including Yoga, Tai-Chi, Pilates, Aquasize, and others. For members who find going to Terwillegar a problem, many of these programs are delivered in other City recreation facilities around the City on various days and times. The Corporate Wellness benefits + Continuous Monthly or Annual pass will work in any City Recreation facility to access drop-in activities in the same way we access the Healthy at Heart Program.

If you would rather exercise at home a few of the classes at Terwillegar are offered Virtually (online) by the City. You must register for the online classes using a City recreation pass.

ESSENTRICS – SOME CHANGES AND OPPORTUNITIES

When COVID and lockdowns hit in 2020, our long-time exercise guru, Lynn Bohuch, stepped in to offer an online Essentrics program to our members. CASE provided some financial support for this program, and Essentrics served a vital need in a time when other opportunities for exercise were non-existent or very constrained.

In recent months, as other exercise opportunities have become available, member participation in Essentrics diminished. The CASE board has decided that continued

direct financial support of this specific program after Covid is no longer appropriate. **However, Essentrics is still available to members of CASE!**

Lynn has offered to work with CASE members to continue delivering Essentrics as part of her regular online Essentrics business. You will have unlimited access to all the online classes Lynn offers. These include:

- Sundays - ***Stretch & Strength*** 10 am (1 hr)
- Tuesdays - ***Release & Rebalance*** 6:30 pm (45 mins) *NOTE: Every 1st & 3 Tuesday of the month class is Strengthen your Strength Fusion*
- Wednesdays - ***Stretch & Strength*** 9:30 am (45 mins)
- Fridays- ***Release & Rebalance*** - 9:30 am (1 hr)
- Saturdays - ***Strengthen your Strength Fusion*** 10 am (45 mins)

Lynn will consider adding a 45 mins. ***Release and Rebalance*** Monday class to the schedule if at least 7 CASE members decide they want to continue with her program. If you have not tried a Saturday morning class, 'Strengthen your Strength Fusion', you can try one in December if this might be part of your decision making. It's a wonderful addition in helping to improve our strength and bone density.

For CASE members, the cost of the 1-month unlimited pass to \$35 per person and this would entitle you to participate in any or all the classes. If you were to attend a minimum of 2-3 times per week this is your best value. If you think you would attend only once a week, there is the option of a 5 class pass for \$23 or a 10 class pass for \$43. You need to know that you have only 3 months to use that 5 or 10 class pass before it expires. These prices are for CASE members only, Lynn's gift to help you to continue your wellness journey.

The classes that Lynn particularly recommends for CASE are the *Release and Rebalance* and the *Strengthen your Strength Fusion*. The *Release and Rebalance* classes are the same kind of class that we have been doing on Mondays and Wednesdays. The *Strengthen your Strength Fusion* class is resistance training with weights or bands that are interspersed with beautiful Essentrics connective tissue sequences. Feel free to try any new classes in the month of December.

The ***Exercise Incentive Program*** grant announced by Gary Duguay could be used by members to offset the member's costs associated with continuing to do Essentrics with Lynn.

WELCOME BACK DINNER

Our annual '***Welcome Back Dinner***' is booked at the Boston Pizza 4804 Calgary Trail in the Team Room for Wed. Jan 10 at 6:00 pm. There will be separate bills with a 20% gratuity included as we are a large group. Mae would like RSVPs by Monday January 8, 2024, to know numbers more accurately. (maehadley@telus.net)

CHANGES: HOLD A DATE FOR A NEW FORMAT FOR OUR EDUCATION SESSION

The survey of members raised a question about why we have all the Education Sessions in the evenings when most of our members are retired? So, we are going to try a different format: a Valentine's lunch, Monday February 12, at noon in the Boston Pizza in their 'Team Room' followed by a speaker at 1:30 PM. The speaker will be announced later.

POSITIVE PSYCHOLOGY HELPS HEART HEALTH

Conversations about heart disease and mental health often dwell on the overlap between cardiovascular problems and negative emotions. It makes sense: People with depression face a heightened risk of heart problems. Also, it's common and understandable to feel moody, distressed, or irritable after a heart attack.

Increasingly, however, mental health experts are focusing on how optimism and other positive emotions can guard against serious heart-related events and death. Optimism is linked to a lower risk of cardiovascular disease, according to a 2022 review in *The American Journal of Medicine* that pooled findings from nearly 182,000 people from six separate studies. People who are happier or more optimistic may be more likely to exercise more, eat more healthfully, and sleep better, which might explain the link. But can people who aren't naturally cheerful improve their physical health by changing their mindset?

"There's good evidence that some simple exercises designed to enhance positive feelings can improve well-being and reduce depression," says Emily Feig, a clinical psychologist at Harvard-affiliated Massachusetts General Hospital. Some of these interventions have been shown to encourage people including those with heart-related issues such as heart attacks and heart failure to exercise more and take their medications more consistently, she says.

Promoting positive feelings: One exercise, expressing gratitude, involves writing a letter to a person who did something in the past for which you feel grateful. "Research shows that actually writing about your experience has a more beneficial effect than just thinking about it," says Feig. In another exercise, people identify one of their own personal strengths from a list of different qualities, such as love, curiosity, persistence, or self-control. Then, they plan a new way to apply that strength to deal with a specific situation over the next week.

Performing an act of kindness for someone is another way people can cultivate positive feelings. For example, you might mow a neighbor's lawn, or bring a meal to friend. For each of these exercises, people are encouraged to pay attention to how they feel at each stage of the exercise: planning, execution, and response.

The upward spiral: Having a more positive outlook may help reinforce other positive behaviors, or what psychologists refer to as the "upward spiral." This momentum can help people start healthy habits like exercise, which then becomes self-reinforcing, says Feig. Practicing positive psychology also helps foster resilience, which can help you cope better during difficult times.

"We don't tell people to ignore or push away negative experiences or pretend they don't exist," says Feig. But your mood tends to mirror what you focus on. Even during a week that includes many difficult challenges, there are usually a few positive moments, she says. Focusing on those small, positive things may allow that emotion to broaden and help you feel more balanced.

Source: [Julie Corliss](#), Executive Editor, [Harvard Heart Letter](#) June 1, 2023

TAI CHI – MELLOW MOVEMENT FOR YOUR HEART

Most people recognize that exercise is one of the best ways to boost cardiovascular health. But what if traditional exercise seems either too challenging or otherwise inaccessible or maybe even boring? Or perhaps you're recovering from a heart attack or other medical problem and need to ease back into activity. If so, tai chi might be worth a try.

Tai chi is a gentle, adaptable practice that features flowing movements combined with breathing and cognitive focus. The cardiovascular benefits likely stem from a combination of the physical and mental aspects of this ancient Chinese practice.

Body and mind benefits: A tai chi session doesn't aim to dramatically raise your heart rate or build bulky muscles. But the slow, deliberate movements still help to tone your muscles. If you move more quickly from one position to the next and sink deeper into the postures, tai chi can even provide a moderate aerobic workout. Conversely, you can dial down the intensity and even do certain movements while seated in a chair. Unlike yoga, tai chi doesn't require you to fully extend or stretch your joints, so it's fine for people who are not so flexible.

Like yoga, tai chi is a mind-body practice that requires focused attention as you move through a series of choreographed moves. Many have descriptive names that evoke scenes from nature, such as "wave hands like clouds" or "the white crane spreads its wings." Concentrating on that imagery, along with your breathing and movements, counteracts what Asian meditative traditions call "monkey mind" the distracting mental chatter that often intrudes when people do traditional meditation. In this way, tai chi can foster relaxation and ease stress. Tai chi also teaches you to pay close attention to your posture, breathing, and heart rate. Increased body awareness can help prevent injury and over-exertion.

Heartfelt effects: An article published online July 3, 2023, by *Cardiology in Review* considered the heart-related benefits of tai chi. Many studies have documented improvements in blood pressure after just eight to 12 weeks of practicing tai chi, including among older, sedentary adults and heart attack survivors. Tai chi has proved helpful for people with heart failure, who tend to be tired and weak because of the heart's diminished pumping ability. Tai chi can be a gateway to other types of physical activity because the practice may improve balance, reduce the risk of falls, and even help ease lower back pain which is a common reason for avoiding exercise. The fitness gains and self-awareness from tai chi training can give people the confidence to engage in other physical and social activities that can enhance health.

Source: [Julie Corliss](#), Executive Editor, [Harvard Heart Letter](#) October 1, 2023

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.

Heart Murmurs is the newsletter of CASE published each year in February, March, April, May, September, October, November, and December. Suggested articles can be submitted to Barry Clark at kbclark1@telus.net

If you wish to unsubscribe from this newsletter, please e-mail kbclark1@telus.net with a subject line 'unsubscribe'.

CASE Events Calendar - December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 CASE Essentrics Online 1:00 PM	5 Healthy at Heart TCRC 11:30 to 12:45	6 CASE Essentrics Online 10:45	7 Healthy at Heart 11:30 to 12:45	8 CASE Christmas Party West-End Seniors Activity Centre	9
10	11 CASE Essentrics Online 1:00 PM	12 Healthy at Heart TCRC 11:30 to 12:45	13 CASE Essentrics Online 10:45	14 Healthy at Heart TCRC 11:30 to 12:45	15	16
17	18 CASE Essentrics Online 1:00 PM	19 Healthy at Heart TCRC 11:30 to 12:45	20 CASE Essentrics Online 10:45	21 Healthy at Heart TCRC 11:30 to 12:45	22	23
24	25 Christmas Day	26 Boxing Day	27 CASE Essentrics Online 10:45	28 Healthy at Heart TCRC 11:30 to 12:45	29	30 New Years Eve
31 New Years Day						

CASE Events Calendar - January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day	2 Healthy at Heart TCRC 11:30 to 12:45	3	4 Healthy at Heart TCRC 11:30 to 12:45 Social breakfast 9:30 AM	5	6
7	8	9 Healthy at Heart TCRC 11:30 to 12:45	10 Welcome Back Dinner 6PM Boston Pizza	11 Healthy at Heart TCRC 11:30 to 12:45	12	13
14	15	16 Healthy at Heart TCRC 11:30 to 12:45	17	18 Healthy at Heart TCRC 11:30 to 12:45	19	20
21	22 Board Meeting 10AM	23 Healthy at Heart TCRC 11:30 to 12:45	24	25 Healthy at Heart TCRC 11:30 to 12:45	26	27
28	29	30 Healthy at Heart TCRC 11:30 to 12:45	31			