



## The Healthy Heart Program at Burnaby Hospital

Healthy Heart is a Cardiac rehabilitation program that started in 1995. It is a prevention program for people with 2 or more risk factors; a rehabilitation program for people who have a heart condition; and a maintenance program for people who want to maintain a healthy lifestyle after their rehab has ended.

### Burnaby Hospital Exercise Class:

Medically supervised exercise classes  
Case management Evidence based risk factor reduction Primary/secondary prevention: weight management, stress management, exercise therapy Education about the heart, nutrition, stress management, the benefits of exercise and many other health related topics.

### Multidisciplinary team:

Cardiac exercise specialist  
Dietician

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[www.fitnow.com](http://www.fitnow.com)



Joe Ceresi

Cardiologist  
Cardiac Nurse

### Hospital-Based Program:

Every participant begins their program in the hospital for a 4 month period.

### Community-Based Program:

Upon completion of the hospital based program you have the option of carrying on your maintenance program at a variety of community centers in the area

### Community centers involved:

Bonsor Community center  
Burnaby South Secondary School  
Champlain heights  
Confederation  
Thunderbird

### Why Join?

Decrease risk factors  
Rehabilitate the heart  
Increase understanding of health concepts  
Decrease Stress Levels  
Increase Quality of Life  
Social support system  
Increase overall happiness  
Improve muscular strength

Lower heart rate/ blood pressure



### Who Can Join?

Anyone with a history of:

Previous Heart attack  
Valve disorders  
Arrhythmias  
Atherosclerosis  
Congestive heart disease  
Angina  
Stent

Anyone with 2 or more risk factors:

If you have 2 or more of the risk factors below you qualify to enter the program.

**Family History-** Grandparents, Parents, Siblings

**Age-** Women > 55, Men > 45

**Gender-** Men more likely to develop CVD

**Smoking-** 70% increased risk than non smoker

**High Blood Pressure-** >140/90 mm/hg

**High Cholesterol**

**Stress**

**Diabetes**

**Sedentary Lifestyle**

**Obesity**



Tracey Belsey & Enrico Fransen

### Mission Statement

F.I.T.T. Cardiac Association's purpose is to facilitate a Healthy Heart Maintenance Program (after Hospital Cardiac Rehabilitation); to support the continuing Health, Welfare, Exercise, Knowledge, Medical and Social benefit of our members. Participation in this program will reduce hospital visits and improve the overall health of participants.



## President's Report

In the past year FITT CARDIAC ASSOCIATION took part in many successful events – all powered by a willing group of directors and volunteers.

As the year unfolded we were met with many challenges in our continued effort to assist healthy heart programs related to Burnaby hospital.

The Fraser Health Authority appointed a new manager who has since gone on to a special project and we are now coordinating our efforts with a new manager along with a group of interested parties within Fraser health Authority.

We continue to look at ways to suggest the expenditure of over \$70,000 currently in the fund to benefit the healthy heart program in Burnaby. Participation in community events such as Discovery Days was appreciated by all. A great time was had by all that participated in the annual golf tournament. The Confederation pot luck dinner was very successful and we would like to thank the main organizers – Shirley Randell and Danica Seifert along with many volunteers.

Our Christmas pot luck was once again extremely well received – all thanks to Bryon Sinclair and his merry band of, “who came out of retirement to make the event another smashing success”. “The rejuvenated” bowling tournament was once again a positive and fun event - thanks to Tom Scott for organizing the event and to Bill Conolly for organizing the dinner before bowling.

The Constitution committee, headed by Tom Scott have all worked very hard over the last 3 years to ensure the constitution and by-laws meet our commitment to the Healthy Heart program as we move forward. The amendments to the constitution and by-laws, was passed and ratified. The Sunshine committee headed by Danica Seifert continues to stay on top of our members’ situations and send cards where required. The class representatives have continued to keep things in order and stay on top of communications with all our members. Our collections for Burnaby hospital continues to improve.

Our appointed directors Pete Matino and Linda MacGown have been very helpful throughout the year for advice and involvement in their areas of expertise.

The communications committee headed by Bill Rettinger brought us an ever improving FITT Chronicle along with a website for those with access to a computer to view our association. Overall the chronicle appears to be a great success and in this publication the committee is inserting a survey for all our members to express their opinions and input in order that all future issues will continue to be a success

As we move forward into the new year we will continue to work to:  
-find ways to suggest the expenditure of \$70,000 currently in the healthy heart fund, -improve our newsletter and communications with our members. -continue to review our constitution and by-laws and our effort to register as a chairtable society will again be a priority in the coming year.

As Fraser Health Authority investigates a best practices model, we will be there to help with a FITT component to make the very best model. We will continue to meet with the appropriate Fraser Health Authority personnel to ensure our members receive the very best consideration.

We look forward to an exciting year of progress for 2011.

## BOARD OF DIRECTORS 2011



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President



Lloyd Rapchuk  
Vice-President



John Titos  
Treasurer



Alan Blackwell  
Financial Liaison  
Champlain



Bill Rettinger  
Communications  
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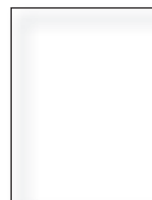
Jim Darwoon  
Director



Lloyd Younker  
Burnaby South



Danica Seifert  
Sunshine Committee  
Confederation 1



Sharon DiSanto  
Conderation 2



Tom Scott  
Constitution  
Thunderbird 1



John Petrie  
Thunderbird 2





## Bowling Fun Night

On February 11th 2011, a group of 40+ F.I.T.T. Members ventured out to the Old Orchard Bowling lanes for a night of enjoyment and hilarity (see below John Petrie). There were many prizes given for best dressed, best bowler, worst bowler, best team, worst team and best looking. Several members went to Earls Restaurant prior to the actual event and had a very expensive dinner, while the remainder stayed home for franks and beans and still others Thai-ed one on, the winner of the 50/50 draw was Allan Blackwell.



### Your F.I.T.T. Chronicle Committee

Bill Rettinger	Chairman
Ilario Galano	Member
Lloyd Rapchuk	Member
John Petrie	Member
George Kawaguchi	Member
Scott Ko	Editor

### F.I.T.T. Calendar of Events 2011

Month	Event	Location	Month	Event	Location
Jun 4	Hats Off Day	Burnaby	Sept	Rythm of Life	Burnaby Lake
Jun 15	F.I.T.T. Chronicle	All locations	Sept	Golf	Central Park
TBD	Spring Dinner Event	Burnaby	Oct	Pot Luck Dinner	Confederation
July	Discovery Days	Burnaby	Nov	TBD	
Sept 13	FITT Chronicle	All locations	Dec	FITT Chronicle	All locations



## HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them'
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.'
4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. Surround yourself with what you love , whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.

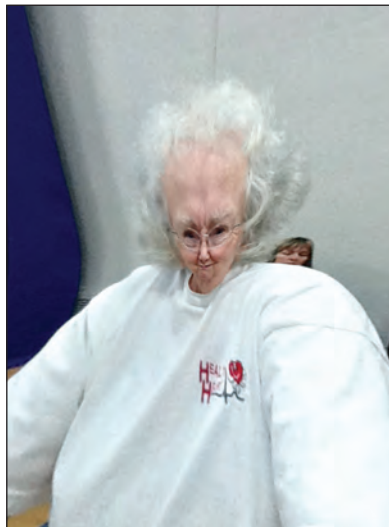
10. Tell the people you love that you love them, at every opportunity.

### AND ALWAYS REMEMBER :

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

We all need to live life to its fullest each day!!

## DO YOU RECOGNIZE THESE FITT MEMBERS?



The first to correctly recognize all 3 individuals will win a lunch gift certificate at Red Robin.

Get you answer to your class rep and ensure the executive hear about it on a timely basis.

Please note - the president and Communications committee members do not qualify for this trivia contest

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