



Happy Holidays from the FITT Board of Directors.

ANNUAL CHRISTMAS GET-TOGETHER

JOIN US, WEDNESDAY, DECEMBER 13, 2017

6:00 TO 10:00 PM

IN CELEBRATION OF OUR 20TH YEAR OF THE
HEALTHY HEART PROGRAM

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50/50 DRAW
CHRISTMAS MUSIC
DOOR PRIZES ...
SLIDE SHOW OF
HEALTHY HEART
ACTIVITIES SINCE
“DAY ONE”



THE ONLY
TIME OF YEAR
IN WHICH
ONE CAN
SIT IN FRONT
OF A DEAD TREE
AND EAT CANDY
OUT OF
SOCKS

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.



Bonsor 2 Golf Tournament

It was a beautiful Sunday morning; the fairways were green and the greens were fast.

The Bonsor 2 Golf tournament was under way at Central Park Pitch and Putt. Seven golfers fielded the

course with grit, determination and sportsmanship.

The Prize winners:
Closest to the Pin May Ishikawa
Lowest Score Men Bob Jones
Low Score Women May Ishikawa
After the tournament, they proceeded to FIREFIGHTERS' public house for

brunch and the awarding of prizes (wine, wine and more wine!).

We are looking forward to next year's tournament so Mark Your Calendars (date TBA).
Come on out, all are welcome.

Submitted by: **Ed Black**

The 2017 Annual Picnic

On August 16th FITT held it's 5th annual BBQ at Confederation Park Site 1.

It was well attended with about 70 people from the various classes including 6 or 7 from the hospital.

The Burnaby firefighters supplied the BBQ and did the BBQing. Price Smart supplied some hot dogs and provided premium burgers at half price along with all the buns. The condiments were purchased by FITT volunteers.

Thanks to the generous donations of attendees we raised about \$107.00 for the firefighters.

It was a great time and the weather was excellent .

See you at the FITT Picnic next year!

Submitted by: **Bill Rettinger**



Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.

. . . **Nikki Rogers.**



Heart Healthy Tips for Holiday Eating

By **Candice Mah**, Registered Dietitian, Burnaby Hospital Healthy Heart Program

Although the holiday season is a time of celebration, it can also be a source of stress due to unrealistic expectations in terms of healthy eating and healthy weight management. To help you enjoy a guilt free holiday season, here are some heart healthy tips for holiday eating:

- Don't skip your meals even if you know you will be eating at a party. Eating 3 regular meals a day has been shown to prevent overeating. Eat heart healthy meals at home and have a snack before you leave for the party. Choose a snack, which includes protein and fibre, such as 2% plain Greek yogurt and fruit; or a bowl of wholegrain cereal with lower fat milk, topped with unsalted nuts and fruit. The protein found in the yogurt, milk, and nuts; and the fibre in the cereal and fruit will give you long lasting energy. This will make it easier to pass up on party foods which are high in saturated fat, sodium, and sugar.
- Offer to bring a potluck item. Make one of your favourite heart healthy dishes or offer to bring a fruit tray or homemade bean dip with veggies and wholegrain crackers. (On a side note, my husband's niece has observed that I always bring a fruit salad or fruit tray to our family dinners and now she has started to do the same!)
- Don't go overboard with alcohol. Instead of accepting that first drink,

start with a glass of sparkling water with a squeeze of lime or a dash of juice. Alcohol is a source of extra calories, stimulates your appetite, and may interact with your medications. Binge drinking can result in heart palpitations, light-headedness and difficulty breathing. Limit your drinks to 2 drinks per day for males and 1 drink per day for females. (note: 1 drink=12 oz beer or 5 oz wine or 1 ½ oz hard liquor)

- Dilute your eggnog or hot chocolate with lower fat milk or milk alternatives, such as almond or soy milk. Skip the whipped cream to reduce fat intake further and go easy on the marshmallows too.
 - Limit the number of high calorie foods, including fried/deep fried items, dips, dressings and gravies/sauces, on your plate. Research shows that when faced with a variety of foods with different tastes, textures, smells, shapes and colours, people eat more. Wait until all the food is on the table before making your selection to avoid second and third trips to the table. Also, choose more leafy green salads, vegetable dishes, wholegrains or lean proteins; and choose smaller portions of high calorie foods.
- Stand more than an arm's length away from the food table while you catch up with friends and family so that the food is not a distraction and you don't develop the munchies. When it is time to eat, eat slowly and focus on enjoying the taste and texture of your meal. Did you know it takes 20 minutes of eating before your brain recognizes satiety and fullness?

- Can't resist chocolate? Choose a dark chocolate with intense flavours and savour a small piece or two. Look for dark chocolate with at least 60% cocoa solids.
- To help you stay on track you may want to keep a food diary to record what you are eating, how much you are eating and why you are eating. Phone apps are also available to track your intake. A food record can help you identify what you are doing well and help you set realistic goals for yourself.
- Remember exercise is a wonderful stress reliever! Aim for at least 30 minutes of exercise daily by fitting it in small amounts throughout the day. Exercise will allow you to decompress from the holiday frenzy and you will feel much better about yourself!

Celebrate with your family and friends over the holiday season and don't deprive yourself of the foods you enjoy. Choose your indulgences wisely, have them less often or in smaller portions; and focus on developing and maintaining heart healthy eating habits over the long term not just over the holidays.

Wishing you and your family a Merry Christmas and may 2018 bring you good health and happiness!



IN MEMORIAM

TOM WANICSEK (Confederation 1) April 11, 1931 - October 6, 2017

Tom joined FITT in 2005. He wasn't very big in stature but he had a big heart and a kind and calm nature but with a devilish glint in his eye. He enjoyed watching sports, trading pins, going to flea markets. He had a strong love for all animals. His fellow class members enjoyed his company very much and he will be sorrowfully missed.

2017 Rhythm Of Life Run / Walk for Everyone

This year's annual "Rhythm of Life Run / Walk" took place on a beautiful sunny Sunday morning, September 24, 2017 at Burnaby Lake Park. With double the registrations this year compared to 2016 we had up to 250 participants including volunteers, sponsors and spectators. The event was made possible thanks to the generous "Community Grant" from the Burnaby Hospital Foundation, a donation from Sun Life Financial, and donations from participants. John Parsons with his musical repertoire kept everyone hopping and entertained during the run. This year we were again fortunate to have Amber Belzer from Global TV as our MC as well as pre-run coverage from the Global 1 helicopter.

Our dedicated organizing committee that helped make this year's run walk event successful were, Ilario Galano, Albert Tom, Ev Harris, Maureen Baker, and Bob McMillan from the FITT Cardiac Association, along with Pete Matino from the Healthy Heart

staff at Burnaby Hospital, and of course with help from the Event Coordinator Michael Campbell Burns.

This year we reached out to the community by having a Heath Fair as part of our event. We would like to thank Burnaby Hospital for providing the staff and Health Awareness information. An independent Dietician Davika Sharma was also available. We would especially like to thank our sponsors for all their help in continuing to make this event possible. Burnaby Hospital Foundation provided the Community Grant to have the event. THANK YOU Burnaby Hospital Foundation!!! The Burnaby Fire Fighters barbequed the hamburgers and hot dogs provided by PriceSmart Foods who also provided bottled water and fruit.

Many of our sponsors were "IN-KIND" and included: Burnaby Hospital Healthy Heart Program, FITT Cardiac Association, Running Room, Hemlock Printers, SaveMore Plumbing and Fixtures, Global TV, Trevor Linden's Club 16 and United Flower Growers.

We had participation from the Federal MP Terry Beech who ran the 5 KM run and brought us a message from the Prime Minister Justin Trudeau. Other politicians who supported our event with their support and attendance were Pietro Calendino and Sav Dhaliwal both councilors for the City of Burnaby.

With so many events going on in September this year we were delighted with the turnout for our event and happy to see many of the returning participants who came out to support our Rhythm of Life to promote health and community awareness. We hope to continue to grow in numbers and in funds being raised. The proceeds from this event will be used to help develop and increase access to "Community Healthy Heart Exercise Programs" and the Burnaby Hospital Healthy Heart Program.

Thank you again to all our Sponsors and Volunteers for making this event a success.

Our 20th Anniversary event will be on Sunday, April 29, 2018.

Submitted by **Ilario Galano**



Bob McMillan and Ilario Galano present the donations collected during the Rhythm of Life to Ms Milne of the Burnaby Hospital Foundation