



Christmas Get Together 2018

This event will be held on Dec 5th, 2018 at Bonsor Community Centre. Don't forget to let us know you are coming so that we can reserve a table or 2 for you. Bring plenty of finger food to serve approximately 4 people per person attending. Lot's of prizes will be available along with the coveted 50/50 drawing.—music and possibly dancing may be available.

NEXT BIG EVENT

CHRISTMAS GET TOGETHER DECEMBER 5, 2018
BONSOR COMMUNITY CENTRE
6 PM to 8 PM



Inside This Issue

Christmas Get Together	1
Event Pictures	1
Puns for the Mind	2
Upcoming Events of Interest	2
ROL Future	2
FITT HEART BEATS	3
FITT Benefits	4
Membership	4

www.fittnow.com



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



PUNS FOR THE EDUCATED MIND

Major Groaners

- 1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.*
- 2. I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.*
- 3. She was only a whisky-maker, but he loved her still.*
- 4. A rubber-band pistol was confiscated from an algebra class, because it was a weapon of math disruption.*
- 5. No matter how much you push the envelope, it'll still be stationery.*
- 6. A dog gave birth to puppies near the road and was cited for littering.*
- 7. A grenade thrown into a kitchen in France would result in Linoleum Blownpart.*
- 8. Two silk worms had a race. They ended up in a tie.*
- 9. A hole has been found in the nudist-camp wall. The police are looking into it.*
- 10. Time flies like an arrow. Fruit flies like a banana.*
- 11. Atheism is a non-prophet organization.*

**For more Puns view on
www.FITTnow.com**

UPCOMING EVENTS DECEMBER 2018

December 3, 2018

Bonsor 1 Christmas Breakfast

Neighbourhood House on Rumble Avenue.

Cost is \$5.00 per person Pancakes, sausages and eggs with coffee and other goodies

December 5, 2018

FITT Cardiac Association CHRISTMAS GET TOGETHER

Signup sheet at all the classes. Please ensure you advise you are coming.

Finger food – enough to feed 4 per person attending

At Bonsor Complex upstairs – 6 PM to 8 PM

December 14, 2018

Burnaby Firefighters Breakfast in support of Angel Toy Drive

The Burnaby Firefighters have supported us at our events and we would like to support their Angel Toy Drive 6 AM to 10 AM at the Hilton Hotel in Burnaby

Bring an unwrapped toy or cash and enjoy a pancake breakfast

June 20, 2019

BIG BIKE RIDE—FITT HEART BEATS

Plans are on the way to organize our FITT HEART BEATS Team.

Look for our Kick Off meeting in early January.

The Future of Rhythm of Life

There has been a disturbance in the force!

Many of our loyal Rhythm of Life participants will know that we had a very successful 20th year celebration of this event aimed at raising awareness in our community of heart related issues and raising funds for the Burnaby Hospital Foundation.

After 20 years of ensuring the run would continue to be the best event in Burnaby, the organizers have decided to take a 1-year hiatus to evaluate the direction for the Rhythm of Life Run Walk event.

In the meantime, it appears that another organization has run a similar event to support Burnaby Hospital Foundation and we are at a loss for words on the way we found out. There was no communication made available to us about a similar event happening at Burnaby Lake Park in September of 2018. The event was “Organized by LaPower Running Society, with support of City of Burnaby and Tourism Burnaby, for the benefit of Burnaby Hospital Foundation....” As reported by the Burnaby Now newspaper.

Several of our supporters have voiced their opinion in writing to the foundation and we would encourage everyone to do the same. In the meantime, the organizing committee for the Rhythm of Life from FITT Cardiac Association is re-evaluating this event and the future that it may hold.

We would like to publicly thank all our sponsors who over the years have made this event as successful as it has been while FITT Cardiac Association and Burnaby Hospital Healthy Heart Program were involved.





FITT HEART BEATS AND BIG BIKE BIG EVENT

The FITT HEART BEATS Team started some 6 to 7 years ago when the Heart and Stroke Foundation approached the president of FITT Cardiac Association to form a team and raise funds for Heart and Stroke Research.

Since our early start we have raised well over \$43,000 with our biggest year being in 2018, when our team was able to present a cheque for \$7,930 to the Heart and Stroke Foundation.

Our biggest fund raiser, Gordon Sheppard, was honoured at the cheque presentation ceremony this past year as he alone raised over \$3,000 out of our total funds this year.

We want to fully invest ourselves in 2019 to be the biggest fund raiser and the best Big Bike Team over all. We will start with a kick off meeting in early January 2019 so that we can get 29 capable and strong riders for the bike and 29 fully vested and committed individuals to raise more funds than we have ever done before. Our slotted day for the Big Bike Team is JUNE 20, 2019

What is Big Bike?

It's a heart-pumping, cheer-thumping, crazy big, fun ride!

For 20 minutes, 29 riders power one Big Bike. On event day, one of their drivers will accompany you as you pedal through your community and celebrate your accomplishments. While you pedal, you literally stop traffic to support critical heart disease and stroke research, so you'll feel good, while doing good. But be warned: The minute you stop, you'll want to climb right back on. It's that much fun!

Why Fundraise?

Laugh with our team of misfits... Get some heart-pumping exercise in the middle of your day... And breathe fresh air... Riding the Big Bike feels good in so many ways! And nothing feels better than knowing you're helping to fund research that's saving lives and supporting heart disease and stroke survivors and their families.

You're also helping us achieve our shared vision: Healthy lives free of heart disease and stroke. And that's for all of us — coast to coast.

Once you start fundraising, you'll see that it doesn't take a lot to make a difference. Our team was able to raise much needed funds. Our Goal for 2019 is \$8,000 but that's just for the books. I know we can double that amount if we all put our minds to it.

KICK OF MEETING – TBD – Likely will be January 14th or 17th, 2019



The Big Bike Cheque Presentation Ceremony

Left to right—Albert Tom (co-captain), Ilario Galano (Captain), Bill Rettinger (participant), Marilyn Topley (participant), Gordon Sheppard (top fundraiser) and Loni Farnworth (Big Bike Co-Ordinator)





Benefits of being a FITT Member

Many people often ask “What am I getting for my \$10 FITT Cardiac Association membership fees. We often forget just how much the Board of Directors do in volunteering to keep this association together for the benefits of our members. There are many benefits your yearly membership fee provides to you the member and to the community at large. This is a list of a few benefits but by all means not a complete list:

- The production of the quarterly FITT Chronicle
- Assistance to our Healthy Heart instructors, as they continue their professional development by attending educational sessions through Professional Development Program
- Operating costs of the FITT Cardiac Association such as mailing and printing.
- Get well cards, sympathy cards and thank you cards to members
- Small tokens of appreciation from FITT to staff and other deserving people for their contribution to our Healthy Heart Program.
- Rental of the banquet hall at Bonsor for our Annual Christmas Get Together, BBQ site
- Cutlery, plates and coffee for pot luck, the barbeque and other events
- AGM expenses – rental and refreshments
- The production of suggested projects such as the Exercise Book and other FITT literature as needed
- Educating the community about heart disease at Burnaby Events and Rhythm of Life Run Walk.

Your \$10 annual fee contributes to many benefits. Please support the association in any way you can.

FITT members and participants are people dedicated to the maintenance and maintaining of a healthy life style through regular exercise and healthy eating. Our current participants, who number over 100 participate in bi-weekly exercises in conjunction with local Community Centers. Currently there are 6 such classes. Become a member and participate in all that FITT Cardiac has to offer.

Name _____

Phone Number _____

Email _____

Address _____

Participating Class

(Bonsor 1, Bonsor 2, Confederation, Thunderbird, Champlain, BBY South, Other)

Birth Date. _____

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.

Amount - \$10.00 Cash or cheque payable to FITT

Signature