

FITT COMMUNIQUE

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FITT

- F— Frequency
- I— Intensity
- T— Time
- T—Type

2020 ANNUAL GENERAL MEETING

ANNOUNCEMENT AND NOTICE

Come to discuss the future of the

F.I.T.T. Cardiac Association

Members will have the opportunity to give

their opinion on the future viability of

F.I.T.T. Cardiac Association.

It's your association so your opinion is very valuable to help shape our future.

Date: Wednesday March 11, 2020

Place: Confederation Seniors Centre

Time: 6:00 PM

Refreshments will be available.

Quote of the Day

The secret of getting ahead is getting started.

Mark Twain

CHRISTMAS PARTY 2019 PICTURES

This past year the FITT Cardiac Association Board decided to give back (gift cards and the like) to our loyal members. Pictures of recipients attending the 2019 Christmas Get Together are shown below. More pictures on the following page.



20+ years Members with Dr. Schemberger



15 to 19 Years Members



10 to 14 Years Members

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.



CALENDAR OF EVENTS

Event	Date	Place
AGM	March 11, 2020	Confederation Senior Centre
Big Bike Event	June 18, 2020	Bonsor Community Centre
FITT Summer BBQ	August 12, 2020	Confederation Park
B2 Pitch and Putt GolfB1	September, 2020 (Tentative)	Central Park Pitch and Putt
Christmas Breakfast	December 7, 2020 (Tentative)	TBD
Christmas Get Together	December 9, 2020 (Tentative)	Bonsor Community Centre



CHRISTMAS PARTY 2019 PICTURES

There were a total of 5 categories for our 2019 Recognition



10 Questions You Must Ask Your Doctor

Walk into any doctor's office around the country and chances are that you'll be the one in the hot seat. In fact, you probably assume that it's your M.D.'s responsibility to ask the questions, and it's your job to answer them. But your health—indeed, your very life—might depend on whether you ask a few key questions of your own.

- Do I really need this test?
- Where would you send your wife or children?
- How many surgeries do you perform each year?
- Can I schedule my surgery for the morning?
- If I get sick, will you see me in the hospital?
- Do you earn bonuses based on performance?
- When did you graduate from medical school?
- What the hell does that say?
- Will you remove that wedding ring?
- What else can I do to treat my condition?



For more details on the questions please go to: <https://www.fittnow.com/resources/10-questions-dr.pdf>