



Cardiac Association

MAY 2020

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# FITT COMMUNIQUE

## FITT CARDAIC ASSOCIATION BOD 2020

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### FITT

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



Bob McMillan  
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## Wellness on line

There is plenty of wellness information on-line, and although some of the information is unreliable, there are some well-researched and credible websites with information that we can rely on to help us stay healthy.

For videos that are fun to watch and that cover a range of wellness topics, see the Youtube channel of Dr. Mike Evans at [www.youtube.com/user/DocMikeEvans](http://www.youtube.com/user/DocMikeEvans). His video “23 1/2 Hours” provides light-hearted illustrations that highlight the value of exercise.

A set of self-help courses on anxiety, depression, stress, and other mental health issues has been put together by Dr. Chris Williams, professor of psychiatry of the University of Glasgow, Scotland, and are available for free at and are available for free at Living Life to the full. [www.LLTTF.com](http://www.LLTTF.com).

The Mayo Clinic website has detailed information on medical conditions that can be searched from its home page at [www.mayoclinic.org](http://www.mayoclinic.org). The Mayo Clinic also sells subscriptions to a monthly Health Letter and books, DVDs, and email reports on a wide range of wellness issues. To purchase these, go to the home page and select Contact Us, Products and Services. The Harvard Medical School website contains detailed information on medical conditions, and on diet, exercise, and mental health, at [www.health.harvard.edu](http://www.health.harvard.edu). Harvard Medical School also offers a free newsletter, “Healthbeat”, and a variety of wellness-related reports that are available for sale. The UC Berkeley School of Public Health website provides information about diet, with recipes, and about exercise, mental wellness, and healthy communities, at [www.berkeleywellness.com](http://www.berkeleywellness.com). Their on-line Wellness Letter is available at no charge.

Bob Rentz

**We all hope during this unprecedented Covid 19 Health Crisis that everyone of our members are taking care of themselves and their loved ones. Stay Safe and Live Long**

### Mission Statement

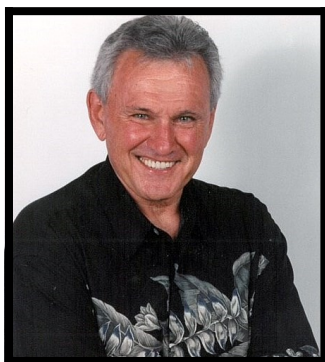
F.I.T.T. Cardiac Association’s purpose is to facilitate a Healthy Heart Maintenance Program (after Hospital Cardiac Rehabilitation); to support the continuing Health, Welfare, Exercise, Knowledge, Medical and Social benefit of our members. Participation in this program will reduce hospital visits and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



## CALENDAR OF EVENTS

Event	Date	Place
AGM	Wed. March 11, 2020	Confederation Senior Centre
Big Bike Event	TBA (Due to Covid 19)	Bonsor Community Centre
FITT Summer BBQ	TBA (Due to Covid 19)	Confederation Park
B2 Pitch and Putt GolfB1	Cancelled for 2020	Central Park Pitch and Putt
Christmas Breakfast	December 7, 2020 (Tentative)	TBD
Christmas Get Together	December 9, 2020 (Tentative)	Bonsor Community Centre

## Obituaries



**Walter Mathew Kloeble**  
February 25, 1933—November 27, 2019

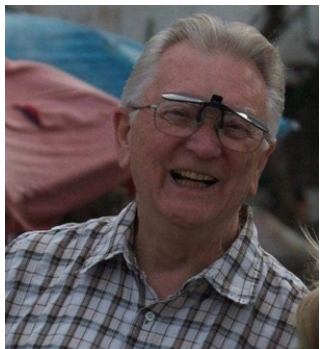
Wally was born in Saskatoon, Saskatchewan. He remained dedicated to his Catholic faith throughout his life. He graduated in Commerce at the University of Saskatchewan at the top of his class, going on to obtain an Honours (Economics) degree, MBA (SFU), and a professional accounting designation (CMA Silver Medal). Wally's career advanced through the Public Sector, Simon Fraser University, teaching Accounting, and as CFO for several start-up companies before his final retirement at age 75.

Wally was an avid participant in the Bonsor 1 exercise class of FITT Cardiac Association for over 10 years and always at FITT events with a smile on his face. Wally is remembered by all for his positive outlook despite the challenges he faced; always ready with a joke, his eyes crinkling with laughter, and a heart full of giving and love.



**Kathleen Helen Douglass Conolly**  
August 20, 1937 – April 29, 2020

Affectionately known as Kath, She was the youngest of 5 children born in Guildford, Surrey, England. Kath devoted her career to nursing receiving her nursing degree from Liverpool Royal Infirmary, School of Nursing, her Tropical Medicine from Liverpool U and her midwifery from the Radcliffe in Oxford. She married Bill in July, 1966. She was an avid supporter of the Healthy Heart Program always there exercising next to hubby Bill. Kath was a member of FITT Cardiac Association since 2006 attending both Bonsor classes for exercising. She was well liked and will be missed by all at FITT Cardiac Association.



**Ray Buchanan (Champlain)**  
March 25, 1930 – March 26, 2020

A very pleasant gentle man with a lovely smile and twinkly eyes is how Ray will be remembered by all who knew him. He was a Healthy Heart member exercising at Champlain Community Centre for a long time and was also a Hearts on the Mend visitor for several years. Ray led a very active life with many other interests and one only got to hear snippets of his life – he was a costume designer; travelled extensively (he was on one of his many trips to London to enjoy the theatre when he became ill); and was very much into lapidary. He will be missed by many.

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Jimmy Dean