



FITT
COMMUNIQUE

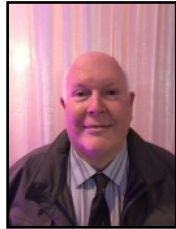
FITT CARDAIC ASSOCIATION 2021

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FITT

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



Bob McMillan
 President

President's Report.

I was reviewing last year's presidents report and was hoping that COVID-19 would be in the rear-view mirror and with the vaccines things have improved but with the delta variant and vaccine effectiveness waning a little, can't quite see it disappear from the rear-view mirror.

In 2021 the Board of directors made the following donations/decisions:

- Donated \$1,000 to the food bank.
- Donated \$1,000 to Heart & Stroke Ride for Heart.
- Albert Tom stepped down as Treasurer and Maureen Baker has agreed to take this role on an interim basis.
- Held the annual BBQ at confederation park on August 25th, about 30 members attended, it was a great success.
- Moved HSBC bank accounts to Van City.

Other items.

- Miriam Dattel has stepped down as board member and April Turco has agreed to take her place.
- We are looking at ways to address membersjip dues.
- We are donating \$1,000 to the Children's Heart network in Burnaby this Christmas

We debated on having the Christmas party for this year and after discussions with Bonsor and the board of directors on various issues it was decided to **cancel the CHRISTMAS get together** and try and have a spring get together.

Also, as of now we do not know when the **HEART BEATS** classes will start again. I will send an email out to all members once I hear anything.

Best wishes to you and your family during the upcoming holiday season.



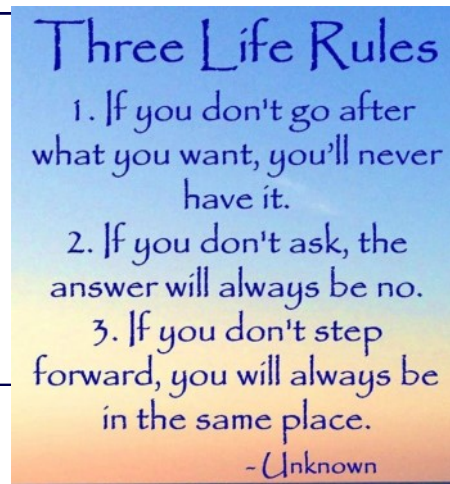
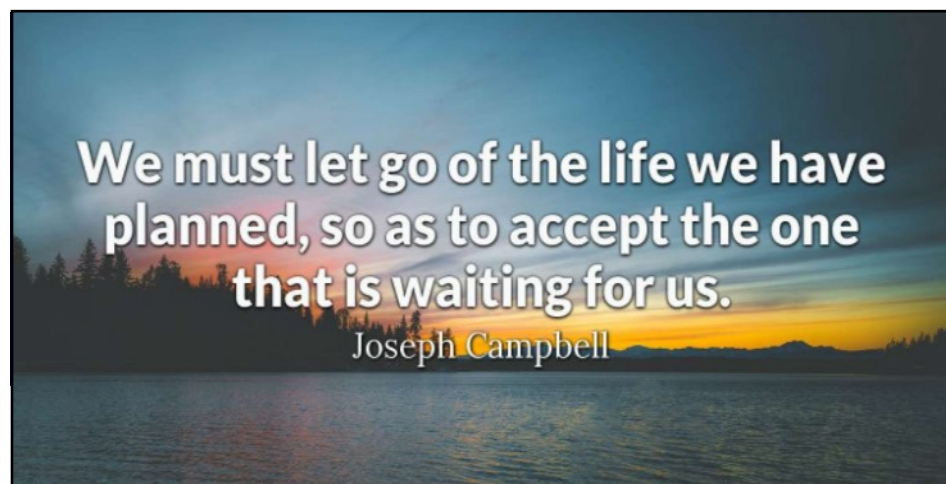
An aspiring writer, Frosty was so moved by his little friend's gift that he didn't have the heart to point out that his arms would never be able to reach.

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.



MOTIVATIONAL



MEMBERSHIP INFORMATION

2022 membership Dues

We are again collecting the all time low membership price of \$10 for 2022. Our challenge is how we collect this membership fee for this coming year with Covid rules still in place. If you have any other ideas on how to pay for your 2022 membership email us at membership@fittnow.com

Our suggestions so far are:

1. E- transfer through our email at membership@fittnow.com.
2. Send cheque to FITT Cardiac Association to PO Box. 81222 South Burnaby, Burnaby, BC V5H 4K2
3. Provide cash to one of our directors for submission to our membership committee chair.

Champlain Heights Class

Our Champlain exercise class has restarted their FITT Heart Beats classes know as the Happy Hearts on Tuesdays and Thursdays. Only Thursday classes currently have openings.

Retiring Directors

Miriam Dattel and Albert Tom, long time directors, are stepping off the board and will be given a long term BOD award at a luncheon meeting.

New Director

We are welcoming our new member and director, April Turco, to the FITT Cardiac Board of Directors. April will be ratified at the next AGM.



The Mediterranean Diet

For supper tonight, try a filet of wild-caught salmon in a curry sauce over a pilaf of brown rice and lentils, along with a baby spinach salad lightly dressed in olive oil and topped with slivered almonds, a glass of red wine, and orange slices and blueberries for dessert. The Harvard Health Letter suggests this menu as an example of the heart-healthy Mediterranean diet.

The Mediterranean diet is a cuisine that is traditional in Spain, Italy, Greece and Israel, and includes fish, fruits and vegetables, beans and lentils, nuts, whole grains, olive oil, and moderate quantities of red wine.

The above menu is an example of the health benefits of the Mediterranean diet. The salmon has heart-healthy Omega-3 fats. Brown rice still has the bran and the germ, and so retains its nutritional value. Lentils are rich in fibre. The baby spinach has B vitamins and vitamins C and K as well as magnesium and iron. The nuts have unsaturated fats and B vitamins, although they are also high in calories.

MUFAs, or Mono Unsaturated Fatty Acids, are a central part of the Mediterranean diet. MUFAs are healthy fats. The Mayo Clinic advises that MUFAs may lower your total and LDL cholesterol level while maintain HDL or good cholesterol level. However, MUFAs are high in calories, so should be used in moderation, and should be consumed instead of rather than in addition to other fats. MUFAs are found in:

Nuts such as almonds, cashews, pecans and macadamias

Olive oil

Canola oil

Avocados

Nut butters

Olives

Peanut oil

Happy cooking, and happy eating!



Easy Vegetarian Egg Casserole Recipe with a Mediterranean Twist

INGREDIENTS

7 to 8 large eggs

1 ½ cups milk (I used 2% milk)

½ teaspoon baking powder

Kosher salt and black pepper

1 teaspoon dry oregano

1 teaspoon sweet paprika

¼ teaspoon nutmeg

3 slices bread (toast), cut into ½ inch pieces (use whole grain bread for Mediterranean diet option)

2 shallots, thinly sliced

1 tomato, small diced

3 oz sliced mushrooms (any kind), optional

4 oz artichoke hearts from a can, drained and quartered

2 oz pitted kalamata olives, sliced

2 to 3 oz crumbled feta cheese

1 oz chopped fresh parsley (about 1 cup loosely packed)

Extra virgin olive oil (I used Private Reserve Greek olive oil)

1 bell pepper (any color), sliced into rounds

INSTRUCTIONS

Heat oven to 375 °F or 190 °C degrees F and adjust an oven rack to the middle

In a large mixing bowl, whisk together the eggs, milk, baking powder, salt, pepper, and spices.

To the egg mixture, add the bread pieces, shallots, tomatoes, mushrooms, artichoke hearts, kalamata olives, feta and parsley. Mix until everything is well combined.

Lightly brush a 9" x 13" casserole dish with extra virgin olive oil. Transfer the egg and vegetable mixture into the casserole dish and spread evenly. Arrange the bell pepper slices on top.

Place the egg casserole on the middle rack of your heated oven and bake for about 35 to 45 minutes or until the eggs are cooked through and the center of the casserole looks firm (test with a toothpick or a fork).

Allow a few minutes for the casserole to settle before cutting through and serving.

