

FITT COMMUNIQUE

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FITT

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

Quote of the Day

The secret of getting ahead is getting started.

Mark Twain

2021 ANNUAL GENERAL MEETING

ANNOUNCEMENT AND NOTICE

**Come to our special ZOOM MTG to discuss the future of
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 10, 2021

Place: The Privacy of your home

Time: 7:00 PM

Refreshments available in your fridge.



2021 Membership Update

This past year the FITT Cardiac Association Board decided to give complimentary membership for the year 2021 to all members in good standing as of 2020 membership. We hope 2021 will be a great recovery year for all of us. This pandemic is certainly taking a toll on British Columbians and we want to wish each and all of our members a successful 2021.

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

Date	Event	Time	Comments
June 6, 2021	Ride for Heart Virtual event	10:00 AM	replaces Big Bike Ride

RIDE FOR HEART



Exciting News for our BIG BIKE FANS. As you are likely aware Heart and Stroke no longer supports Big Bike; however they now have a virtual RIDE FOR HEART and have extended a free registration for our team the FITT Heart Beats.

This year, **FITT Cardiac Association** will be participating in the virtual Manulife Heart & Stroke Ride for Heart in support of critical heart disease and stroke research. It will be an exciting and healthy way to support a cause that touches us all!

Join **FITT Heart Beats** as we each get ready to ride, walk or run a **heart-shaped route** of our own individual making on June 6th. Although we can't be together physically, we can come together to share our hearts and celebrate our accomplishments in the fight to beat heart disease and stroke. Visit www.rideforheart.ca if you'd like to learn more.

For those that would like to ride, run, walk or any kind of activity for June 6, 2021 Please register with us. We have included a promo code to register free for this event.

Beat as one. Ride as one

OBITUARY



Lloyd Younker dedicated his service to the community and the Healthy Heart Program. Lloyd was "appointed" as Burnaby South representative at the AGM in January 2005 and attended his first Board Meeting on February 10, 2005. Lloyd retired from the FITT Board of Directors in 2013 after serving 8 years representing the needs and concerns of his Burnaby South exercise class. Lloyd has been volunteering in the community for the past 50 year working with youth in the SBMC organization's soccer and baseball program as well as serving on their committees and Board. Birth and death not disclosed

Are the new COVID-19 vaccines safe?

Andrew Badley, M.D., COVID-19 Research Task Force Chair, Mayo Clinic: The safety of these vaccines has been studied extensively. They've been tested now in about 75,000 patients in total, and the incidence of adverse effects is very, very low.

These vaccines were fast-tracked, but the parts that were fast-tracked were the paperwork; so the administrative approvals, the time to get the funding — those were all fast-tracked. Because these vaccines have such great interest, the time it took to enroll patients was very, very fast. The follow up was as thorough as it is for any vaccine, and we now have months of data on patients who received the vaccine or placebo, and we've compared the incidence of side effects between patients who received the vaccine and placebo, and that incidence of side effects, other than injection site reaction, is no different.

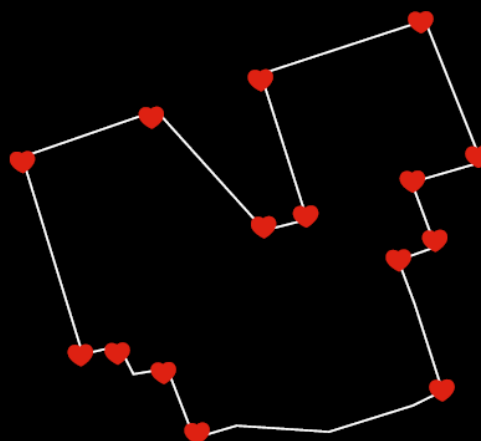
The side effects to the vaccines are very mild. Some of them are quite common. Those include injection site reactions, fevers, chills, and aches and pains. In a very, very small subset of patients — those patients who've had prior allergic reactions — some patients can experience allergic reaction to the vaccine. Right now we believe that number is exceedingly low.

Reference Mayo Clinic article: [Are the new COVID-19 vaccines safe? - Mayo Clinic](#)



||| Manulife |  / Ride for Heart

Make your way by heart.



How to Register

Visit the **FITT Heart Beats** team page <http://support.heartandstroke.ca/goto/fitt2021>

Select Join Team

Select Join as a New Participant if this is your first time, or sign in using your Username and Password from previous years (*only if you remember, otherwise join as new*)

Select your preferred Participation Type (Rider/Walker/Runner)

Make a self-donation in the Additional Gift field (optional, but recommended)

Bypass the associated registration fee by entering promo code **BBRIDE21**

Thank you,

Ilario Galano – Team Captain

Albert Tom – Team Co-Captain



Life. We don't want you to miss it.™
 / **Beat as one**

