

# FITT COMMUNIQUE

**INSIDE THIS ISSUE:**

Current directors	1
Ride for Heart	2
Mediterranean Diet	3
Covid 19 Update	4

**FITT**

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

**Your Board of Directors for 2021**



Bob McMillan



David Malcolm



Maureen Baker



Bob Rentz



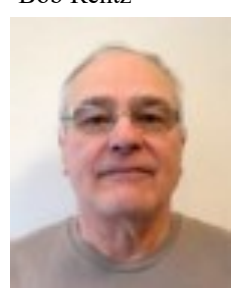
Marilyn Evans



Marilyn Sztankovics



Miriam Dattel



Peter Anderchek



Ilario Galano



My wife wanted to disgrace me in the presence of her friends, she said I wasn't good in bed. She was shocked when they all disagreed with her.



I told my suitcases that there will be no vacation this year. Now I'm dealing with emotional baggage.

**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



This is a repeat of the last article with our progress report. We are still looking for more riders for this exciting virtual event to happen on June 6th, 2021—Only a short time away. Although we have the virtual ride scheduled for 10 AM on June the 6th, you can ride anytime and build up the kilometres for the ride. You will be able to download the new Ride for Heart App to keep track of your distance travelled and recorded for our team. Remember to register and self donate for your taxable receipt.

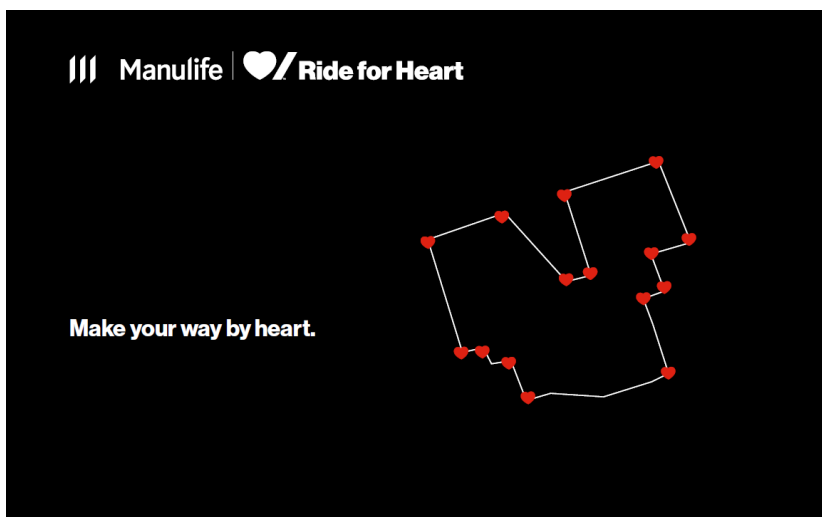
This year, **FITT Cardiac Association** will be participating in the virtual Manulife Heart & Stroke Ride for Heart in support of critical heart disease and stroke research. It will be an exciting and healthy way to support a cause that touches us all!

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 6<sup>th</sup>. 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](http://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**

For the code and how to register please check the following page.



### 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**

**Life.** We don't want you to miss it.™



## The Mediterranean Diet

For supper tonight, try a fillet 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!



## COVID INFO from our President—Bob McMillan

As a retired software developer, I am constantly looking for projects to keep my brain actively engaged. When COVID-19 became a pandemic, the BC Centre for disease control (BCCDC) produced a dashboard on the number of cases / positivity / vaccinations. The following link will show the site. [B.C. COVID-19 Dashboard \(arcgis.com\)](https://arcgis.com). I noticed I had to go to different tabs to get to the various information and it was tedious, so I decided to write my own web page that displays all relevant data on one page as well as provide more information than the BCCDC provided. IE weekly averages, Charting of various data sets. If you are interested, you can visit <https://customerin.webhop.net:2019> to view the data. Here is a sample screen:

### Weekly Trends

HA	HSDA	Cases last 7 days	Cases in the preceding 7 days	% change	Hospitalized	Hospitalized 7 days ago	% change	Deaths last 7 days	Deaths in the preceding 7 days	% change
All	All	3339	4150	-20%	360	426	-15%	24	30	-20%
Fraser	All	2136	2690	-21%	199	247	-19%	15	10	50%
	Fraser East	445	487	-9%						
	Fraser North	501	549	-9%						
	Fraser South	1189	1654	-28%						
Interior	All	308	403	-24%	22	26	-15%	4	9	-56%
	East Kootenay	13	40	-68%						
	Kootenay Boundary	15	26	-42%						
	Okanagan	234	271	-14%						
	Thompson Cariboo Shuswap	46	66	-30%						
Vancouver Coastal	All	706	818	-14%	119	124	-4%	0	7	-100%
	North Shore/Coast Garibaldi	94	109	-14%						
	Richmond	95	111	-14%						
	Vancouver	516	598	-14%						
Vancouver Island	All	84	114	-26%	13	18	-28%	1	1	0%
	Central Vancouver Island	39	40	-3%						
	North Vancouver Island	21	19	11%						
	South Vancouver Island	24	55	-56%						
Northern	All	105	125	-16%	7	11	-36%	4	3	33%
	Northeast	50	78	-36%						
	Northern Interior	43	31	39%						
	Northwest	7	12	-42%						