

FITT COMMUNIQUE

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FITT

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

Quote of the Day

Why is it so much easier to fall asleep on the couch unintentionally than to fall asleep in bed intentionally?

2022 ANNUAL GENERAL MEETING

ANNOUNCEMENT AND NOTICE

Our first IN PERSON meeting in two years

F.I.T.T. Cardiac Association

Current Covid Protocols to be observed

F.I.T.T. Cardiac Association.

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

Date: Wednesday April 27, 2022

Place: Confederation Senior Centre

Time: 7:00 PM

Refreshments available.

Registration 6:30 PM



2022 Membership Update

The past 2 years has been a challenge to many of our members. With Covid finally subsiding—keeping our fingers and toes crossed— we hope to bring our members better news to keep healthy. The FITT Cardiac Association Board is committed to helping our members achieve the best health ever while maintaining a healthy social life together. Let's get together socially as often as is possible.

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 5, 2022	Ride for Heart Virtual event	10:00 AM	replaces Big Bike Ride

RIDE FOR HEART



Our team has decided to take a year off for the Heart and Stroke Foundation ride for heart' Should you wish to join another member organization to support the Ride for Heart Campaign for this year, we encourage you to do so.

We hope that **FITT Cardiac Association** can participate next year with a great team similar to what we have had over the last 11 years—the FITT Heart Beats. Visit www.rideforheart.ca if you'd like to learn more.

Open Letter to all FITT Cardiac Association members

Many of our members have been confused about the relationship of our association and that of the Healthy Heart Program and certainly Covid 19 has added to that confusion.

For everyone's information FITT Cardiac Association was born from a need to have a follow up exercise and social programs for the participants of the Healthy Heart program. As our partnership with Healthy Heart ended FITT Cardiac Association evolved more into providing social opportunities. FITT Cardiac Association also continues to advocate for healthy ways of recovery and improvement to our health for those that have had heart issues.

The maintenance of healthy lifestyles while encouraging social connections for our members will continue to be our priorities.

Since we no longer (at this time) have regular Healthy Heart based classes for exercise we encourage all our members to find classes suited to them to keep up a healthy life style. See suggestions in this communique.

The FITT Cardiac Association will continue to be here to give advice where possible for health – through our website fittnow.com and have regular in person gatherings for all our members throughout the year.

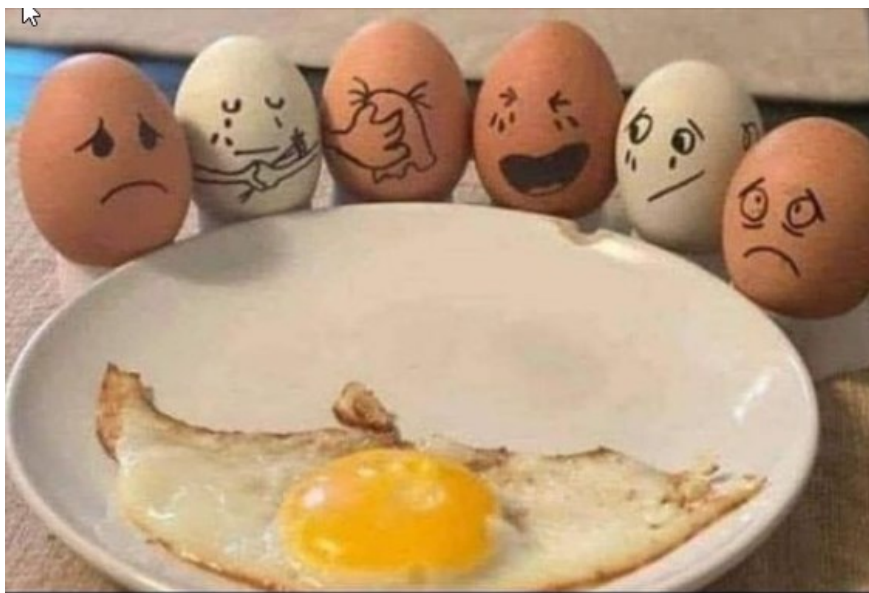
If you have any comments or suggestions we would love to hear from you. please email me at

bob.mcmillan@fittnow.com

We look forward to hearing from you.

On behalf of the Board of Directors at FITT

Bob McMillan, President, FITT Cardiac Association



He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.



FITT CARDIAC ASSOCIATION INFORMATION FOR WORKOUTS
AT

CITY OF BURNABY AND CHAMPLAIN HEIGHTS
(As of March 29th, 2022)

LOCATION	TIMES	DAYS	AVAILABLE ACTIVITY
BONSOR	5:00-6:00 PM	TU	CARDIO WORKOUT
	10:45-11:45 AM	W	CARDIO WORKOUT
CONFEDERATION	9:15-10:15 am	W	ACTIVE AGING FIT FOREVER
	10:15-11:15 am	M	ACTIVE AGING FIT FIRST
	10:30-11:30 am	W	ACTIVE AGING GENTLE FIT
	10:15-11:15 am	F	ACTIVE AGING GENTLE FIT
	*call centre for weight rms	4:45-5:45 pm	M
CAMERON	9:15-10:15 am	W	ACTIVE AGING FIT FOREVER
	10:30-11:30 am	M/W/F	ACTIVE AGING FIT FIRST
	10:00-11:00 am	TU/TH	ACTIVE AGING GENTLE FIT
EDMONDS	9:00-10:00 am	M	ACTIVE AGING FIT FOREVER
	9:00-10:00 am	W	ACTIVE AGING GENTLE FIT
	9:15-10:15 am	TH	CARDIO WORKOUT
	10:30-11:30 am	M	CARDIO WORKOUT
	1:15-2:15 pm	TU	ACTIVE AGING GENTLE FIT
	7:00-8:00 pm	W	CARDIO WORKOUT
CHAMPLAIN HEIGHTS	2:00-3:00 pm	TU – 1 spot	HAPPY HEARTS
	2:00-3:00 pm	TH – 5 spots	HAPPY HEARTS

Centre Phone Numbers:

Centre	Phone Number	Centre	Phone Number	Centre	Phone Number
Bonsor	604-297-4580	Edmonds	604-297-4838	Cameron	604-297-4456
Confederation	604-294-1936	Champlain	604-718-6575		

This is some of the information available at the community Centres

Active Aging FitFirst (Mild) - The first step toward a regular fitness routine for the Active Aging, with gentle, progressive exercises, strength, stretch and education.

Active Aging Fit ForEver (Mild/moderate) - This low impact workout with strength, core conditioning exercises and stretching is geared to the Active Aging. Classes offer modifications to suit most levels.

Active Aging GentleFit (Mild/beginner level) - Suitable for those with special medical limitations. Chair exercises are an option. Instructors are trained in the area of functional and therapeutic fitness.

HeartBeats (Mild) (Champlain Heights in Vancouver has "Happy Hearts") - Designed to enhance heart health and assist participants in improving strength and stability. Activities may include coordination, balance, cardio and posture exercises.

Cardio Workout (Moderate) - Low impact cardio workout followed by body weight strength and core conditioning exercises

We hope this helps in motivating everyone to get moving as sadly we know our fitness classes will never be like it was before for Healthy Heart participants.