



**FITT**   
**Cardiac Association**



November 2023

Fittnow.com

FITT COMMUNIQUE

**FITT CARDIAC ASSOCIATION 2023**

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**FITT**

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

**F.I.T.T.  
 CHRISTMAS GET-TOGETHER  
 (POT-LUCK)**

**Wednesday December 6<sup>th</sup>, 2023  
 6:30 – 8:30 PM  
 Bonsor Recreation Complex  
 Upstairs (In Active Studio)**

Join us for the annual F.I.T.T get-together. Please bring enough **food** to serve yourself and others (guide is enough to feed 4). We will have a 50/50 draw and door prizes.

***Surprise Membership Awards***

**RSVP by Dec 1<sup>st</sup> to [rsvp@fittnow.com](mailto:rsvp@fittnow.com)**

**In the email indicate how many people will be at the party**



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.



## 2023 BBQ SUMMER



### BBQ HIGHLIGHTS

John Titos has been a longtime volunteer in our HOTM (Hearts on the Mend) program at Burnaby Hospital. For health reasons he has retired from the program, and we used the BBQ as an opportunity to thank him for his dedication to his visits over many years. Maureen Baker and Bill Johnston were on hand to offer thanks.

### HOTM NEWS

Volunteers for the HOTM program are needed. Heart patients whether heading for bypass surgery, stents or similar necessary procedures are often concerned about what happens next. HOTM volunteers who have experienced some form of treatment like this are available to counsel patients, answer questions and reassure those concerned. Training and parking are provided upon acceptance into the program. Contact Maureen or Bill at [mobaker76@gmail.com](mailto:mobaker76@gmail.com) or [wmjohnston@shaw.ca](mailto:wmjohnston@shaw.ca) for more information.

## **New Board New Blood—Possible New Direction**

F.I.T.T. Cardiac Association needs some “NEW BLOOD”!!!

A brief update on the history of our Association is that we started in the early part of this century – 20+ years ago! At that time, we were strongly supported by the Burnaby Hospital Healthy Heart Program, but after the hospital support was terminated in 2015, followed by COVID-19 in 2020, we are now facing a big decision as to our future! We can very easily and successfully continue our Association as a social group, with annual events like the Summer BBQ, Christmas Get-together, and other things such as dinners at local restaurants. We could also revive the golf (pitch and putt), bowling, etc. However, to achieve this we **NEED HELP, COMMITMENT, AND INPUT.**

So.... If you are interested in keeping these current events alive, and expanding into other events, we need HELP.

Come join the current Board of Directors, and/or volunteer to organize other events! Your input, suggestions, and involvement are welcome.

**Contributor—Maureen Baker, Director at Large**



## How to Make Christmas Crack



1. **Prepare:** Line a pan with foil and spray with non-stick spray. Then spread the saltine crackers out evenly.
2. **Make the caramel:** Boil the brown sugar and butter (use real butter) for 3 minutes.
3. **Bake:** Pour evenly over crackers and bake for 8 minutes.
4. **Spread:** Once it's done cooking sprinkle chocolate chips on top and let melt. Spread out until smooth and top with M&M's or nuts. Then try not to eat all in one sitting.

For details go to [BEST Christmas Crack Toffee Recipe \(only 15 mins!\) - I Heart Naptime](#)

### **Heart Failure / Fluid Retention / Shortness of Breath**

Recently I realized that I knew very little about these issues:

“**Heart Failure**” is a medical term for a condition where the body does not get the right amount of blood, nutrients and oxygen it needs to work properly. Nothing is “broken” or needs to be “fixed” but adjustments are required to manage the deficiency.

“**Fluid Retention**” is a medical condition where the body does not “drain” enough fluid, resulting in swelling in the feet, legs, or belly making the heart work harder.

“**Shortness of Breath**” Is a medical term for a condition where the body does not perform it's daily actions easily due to stresses, resulting in tiredness, muscle weakness, no energy, lack of motivation. This has almost no relation to breathing itself.

These issues form a balancing act to keep you living and healthy. Each is a complex system with many independent factors. Sometimes the balances unravel and medical adjustments are needed to regain equilibrium. This is expected as people get older. The best ways to keep healthy and maintain your quality of life is straightforward:

- Daily exercise activity, not sedentary.
- Eat well, low salt, choose healthy food
- Monitor and keep track of your symptoms
- Take regular deep breaths, smile lots

**Contributor—Dave Malcolm, Director at Large**