



Windsor-Essex Cardiac Wellness Centre Newsletter

How are our Graduates Doing? Results of Follow-up Survey

First and foremost, I would like to take this opportunity to express my extreme gratitude to those graduates who participated in my Master's research report, "Exercise Knowledge and Practice Following a Six-Month Pilot Outpatient Cardiac Rehabilitation Program". Your time and cooperation in filling out the questionnaire played a huge role in the completion of my degree, Master of Human Kinetics – Applied Human Performance (June 2003).

The purpose of my study was to see if Cardiac Wellness Centre graduates had a basic understanding of the recommendations for exercise frequency, intensity, time, and type (FITT Principle); if graduates were still exercising after completing the CWC cardiac rehabilitation (CR) program; the location, frequency, intensity, time, and type of exercise; as well as the reasons for their choice of exercise location.

In October 2002, 243 graduate follow-up surveys were mailed out. One hundred and seventy-eight (73.35%) surveys were returned. Key results showed that 86.0% of all respondents reported to be exercising using one or more of the following: (i) an unsupervised home based program, (ii) a supervised community cardiac rehabilitation program (CCRP), or (iii) a local fitness club.

Most interesting was the choice of exercise location amongst graduates. Over seventy-five percent (75.8%) of all respondents included a home based program in their exercise routine, followed by 13.5% and 10.6% of all respondents having joined local fitness clubs and CCRPs, respectively, for exercise.

Of the 153 respondents reportedly exercising, 42 (27.5%) attested to having difficulty with exercise. "Other physical symptoms" (54.8%), such as

arthritis, were more problematic than "heart-related symptoms" (28.6%) for this group. "Lack of motivation" (40.5%) and "lack of energy" (40.5%) rounded out the top three stumbling blocks for exercise. Only 9.5% did not know what exercises to do; interpreted in a more positive manner, 90.5% were confident in their knowledge of exercise type. Since only 7.1% reported being afraid to exercise without supervision, this group implied they were confident in their ability to monitor their own exercise intensity according to the FITT Principle and, therefore, did not need supervision.

Despite having identified regular exercise as an important factor in one's health, the 25 respondents (14%) not exercising at all reported "lack of motivation" (48.0%) and "lack of energy" (44.0%) as the main reasons that caused exercise difficulty. Consequently, it is possible this group required extrinsic motivators (e.g., supervised exercise sessions) to keep them active after leaving the Cardiac Wellness program.

The top reasons for choosing to exercise at home were "accessibility and convenience" (80.0%) and "comfortable environment" (73.3%) followed by "availability of equipment" (60.0%) and "low cost" (57.0%). Almost half of all respondents exercising at home stated they "do not require supervision" (48.1%), an indication of respondents' confidence in their knowledge of and ability to exercise within the recommended guidelines of exercise.

Collectively, these data demonstrate that following the Cardiac Wellness Centre's 6-month program, the majority of graduates will choose to continue exercising at home and that a smaller percentage will supplement their home exercise program with either a fitness club or

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CCRP. Their choice of a neighbourhood walking program and mall walking, then home treadmill and stationary exercise bike reflect the type of exercise (treadmill or stationary bike) available at the Cardiac Wellness Centre. The selection of home-based exercise program by the majority of respondents seems to be based, as one might expect, on a convenience factor and the comfortable environment of the neighbourhood. In addition, it is interesting to note that almost one half of the respondents felt "no exercise supervision was required" suggesting that the Cardiac Wellness Centre instilled patient confidence and sufficient personal knowledge to each of its graduates.

Study results also revealed the main reason for joining fitness clubs was "location" (91.7%), which is not surprising, since there are over 25 fitness clubs located throughout the city making them very accessible and convenient. "Staff and/or service" was the key factor for choosing to exercise at a CCRP, indicating this group's desire for supervised exercise sessions.

As for knowledge of FITT Principle recommendations, data revealed 86.9% of all respondents knew the recommended frequency for exercise is 3-5 days a week; all but 24.7% monitored exercise intensity; and 81.7% correctly answered 30-60 minutes as the guideline for exercise time. ♥

Glorianna Jeun
 BHK, MHK, CK



Look Who's New at the Cardiac Wellness Centre....



She's finally here! The newest, littlest, and by far, cutest addition to the Cardiac Wellness Team, **Emma Helena Petro**. She was born at Windsor Regional Hospital on April 20th, weighing in at 7 pounds 1 oz., and measuring 19 inches in length. At merely 2 weeks old, she participated in her first 20 meter



Dr. Partha Datta completed his education at McGill University and internal medicine in Toronto. He has been a great addition to the Cardiac Wellness team. In January, Dr. Datta and his wife Natasha welcomed their first addition to their family, a healthy baby girl, Trina. Congratulations!



Dr. Nduka Nwadiaro is our newest and 4th Physician. A native of Nigeria, Dr. Nwadiaro completed his education in Chicago, Illinois and worked in Regina, Saskatchewan before moving to Windsor. We are excited to have him as part of the team!

Welcome Shawn Fryer and Jaye Kendrick, our new Kinesiologists!



Some of you may remember Shawn as a volunteer on Monday nights, but now he's an official member of the Cardiac Wellness Team. Shawn's background as a paramedic and personal fitness trainer makes him a great asset to the team. Your greatest challenge now, Shawn, will be getting used to working with nine women!!!



Jaye has been "running the show" at the Cardiac Wellness Centre in Leamington, since September 2001. She has now also been hired here in Windsor. Prior to working in Leamington, Jaye worked in Physiotherapy clinics for three years. Jaye also has a hidden knack for running marathons. We look forward to working with you, Jaye!

Where do you find "Just The Girls"???



Front row: Dorothy Henry, Patricia Hambleton. Middle row: Mary Fedchun, Annette Rihbany, Madeline Godard, Barbara Smith. Back row: Helen O'Gorman, Barbara Kirk, Florence Smith, Evelyn Greenwood.

Congratulations to the first graduates of our new exercise class reserved entirely for "Just the Girls". New, lasting friendships were, and still are being formed in this special class, held every Tuesday and Thursday at 12:45 pm. On behalf of the staff at the Cardiac Wellness Centre, particularly the Kinesiologists, thank you ladies for making this class so memorable. On their last day of exercise, the ladies performed a very special song written by Florence Smith. Here is one of the verses:

"Cadillacs and cataracts and hearing aids and glasses, Polident and Fixadent and false teeth in glasses, pacemakers, golf carts and porches with swings, these are a few of my favourite things..."

Remember that your commitment and dedication to your health serves as an incredible source of inspiration and strength for all women with heart disease, and you should all be very proud of your accomplishments.



Generous Hearts... A Fundraising Update



Bill Gallagher, Peter Plummer, Joel Bezaire and Ken Billey, recent graduates of the program and tuxedo models in the fashion show. You looked great guys!

As many of you may know, we had our first **Fashion Show & Silent Auction** fundraiser this past February. With lots of much needed and appreciated help from the participants and graduates of the program, as well as community sponsors, the evening was a booming success, raising approximately \$20,000 for the expansion and renovation fund. The Ciociaro Club set the scene for some dancing and spontaneous modeling scenes by the doctors,

staff and participants of the Cardiac Wellness Centre during the fashion show. Special thanks to Tim Lumley and Ted Reed for all the time and thought they put into the organization of this event, and thank-you to the Cardiac Wellness team, particularly Sasha and Glorianna for all of the behind the scene preparation leading up to the event, and of

course for calming me down during moments of panic. This night could not have been made possible without all of the support from staff & participants of the program. Let's get ready for next year! The show is going to be even bigger and better. The date has been set for **Friday February 6th, 2004**, so reserve your tickets early!

Our 4th annual **Fun walk/run** was recently held at Memorial Park, adding \$15,000 to the fundraising pot. This event brought a mix of competitive runners and fun walkers together to enjoy a beautiful sunny morning. Special recognition goes to Jason Petro, who managed to organize this event pending the birth of his new baby girl. Your leadership truly makes a difference in the success of this program, Jason.

Valentina Bello, BHK, CK



Cardiac Wellness Staff and Tim Lumley getting ready to shoot a commercial advertising the fashion show. Walking on the treadmill wearing heels on takes practice and talent!

Upcoming Fundraisers

To help promote exercise, the Windsor-Essex Cardiac Wellness Centre will be selling raffle tickets for a chance to win a treadmill, heart rate monitor or pedometer. **Tickets will be only \$10 each** and available for purchase at the Cardiac Wellness Centre at Windsor Regional Hospital, Metropolitan Campus. Only 500 tickets are being printed, so the odds are good! For more information, or to purchase some tickets please contact the Centre at 254-5577 ext. 52510.

Windsor-Essex Cardiac Wellness Centre's

TREADMILL RAFFLE

1st PRIZE: STEEL FLEX 3600 TREADMILL (Value ~\$1700.00)

Specifications: 2HP Continuous duty motor; 18 Total programs; Hand pulse heart rate; 3 Windows LCD; 5 Programs, 5 Levels; 0-10% Elevation; Running area 54" x 18"; 2" Roller; Max. user weight 250 lbs.

2nd PRIZE: POLAR HEART RATE MONITOR A3 (Value ~\$129.00)

3rd PRIZE: LIFESTYLES DIGI-WALKER SW-200 Pedometer (Value ~\$45.00)

The draw date will be **Friday August 29th, 2003 at 12 noon** at the Cardiac Wellness Centre.

Innovative Ways to Maintain Your Strength... At home!

Our muscles are very adaptable to the amount of activity that we do. They will grow, or hypertrophy, with increased activity and shrink, or atrophy, with decreased activity. *Atrophy* is defined as a loss of muscle mass by decreased size and number of muscle fibres resulting from a period of disuse. Atrophy can happen to anyone, in a variety of different situations. In fact, it even happens in Olympic athletes in the off season and astronauts returning from space flight! Symptoms include muscle weakness and fatigue, lack of coordination, or delayed onset muscle soreness. When related to aging, the loss of muscle is termed *sarcopenia*.

It is well known, that exercise plays an important role in reducing major health risks such as immobility,

Be creative!!! Use tube socks, water bottles or soup cans to increase your strength...

falls, and fractures which are all related to muscle weakness and atrophy. According to the National Institute on Aging (NIA), more than two thirds of older adults do not engage in regular physical activity. Studies have shown that fear of falling due to increased instability is one of the main reasons for this lack of exercise. This pattern turns into a repetitive cycle of inactivity, leading to further muscle weakness, and progressive loss of independence. In fact, the most common reason for the institutionalization of the elderly is not disease or cognitive impairment, but muscle weakness.

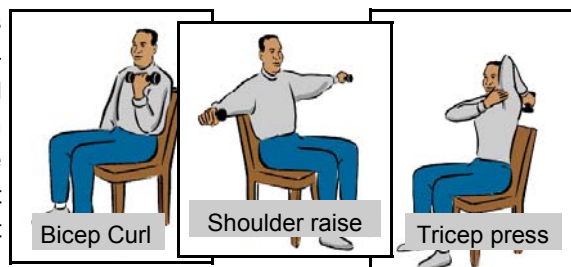
There are some natural changes which occur in the human body with age. Studies have shown arm, leg and back strength to decline at an overall rate of 8% per decade starting in the third decade of life. The reduction of quadriceps muscle strength is such that the average 80-year-old person is at or near the minimum level of strength required to rise from a chair. These changes in muscular strength are a result of a combination of muscle disuse, and hormonal changes.

So what can be done to manage, or slow these changes? Simple! Maintain your strength through resistance training and regular exercise. Strength training exercises should be geared to maintaining functional status, which means maintaining independence. Focus should be placed on muscles that are involved in tasks of everyday living such as: balance and stability, ease of gait (walking), lifting groceries, cooking and doing laundry.

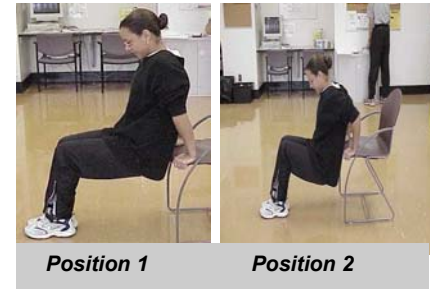
For the greatest benefits, it is recommended you do between 10-15 repetitions of 8-10 different exercises. As an alternative to hand weights you can use your creativity with household items, such as *soup cans, water bottles, socks, shampoo bottles, laundry detergent or broomsticks*.

A 1.5 litre water bottle weights approximately 3 pounds, and 5 pounds if filled with sand! As long as you have a secure grip, the water bottle can be used for weight training. And

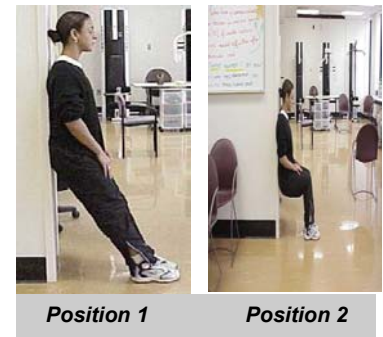
don't forget about tube socks! They can be stuffed with shampoo bottles, soup cans or even bean bags from the dollar store! The following exercises can be done, using any of the above methods to strengthen the muscles of the shoulders and arms.



For the more adventurous and advanced strength trainers, you can use **your own body weight**. For example, to work your triceps, sit on the edge of a sturdy chair or window sill and support your body on your hands with knuckles out and your feet placed approximately 2 feet away from chair (Position 1). Slowly lower yourself until your elbows are at a 90 degree angle (Position 2). Do not let your knees go out over your toes. Slowly raise yourself back to position 1. You have just done a **tricep press!!** (as shown in following picture)



Wall sits, (shown below) will strengthen your largest muscle group, the quadriceps as well as the buttocks. (Avoid this if you have any chronic knee pain). Lean against the wall with your feet approximately 2 feet from the wall. Slowly lower your body and hold as tolerated (**Position 1**). Do not lower past your knees (**Position 2**) and do not let your knees go out over your toes. To finish, slowly raise your body back up to the starting position.



Some Important Reminders

- ♥ Always start with a warm-up of approximately 5 minutes of walking or light stretching.
- ♥ Perform exercises slowly, lift to a count of 2 and lower to a count of 2.
- ♥ Remember to breathe!!! Holding your breath increases the workload on the heart. Try to exhale on exertion and inhale on rest phase.
- ♥ Listen to your body!! If any symptoms occur, DISCONTINUE EXERCISE IMMEDIATELY.

How Should You Progress?

As the exercise becomes easier (which means your muscles are getting stronger), you should work your way up from 1 set of 10-15 repetitions to a maximum of 3 sets of 10-15 repetitions of the same exercise). **ALWAYS remember to rest in between sets, and have fun!!!**