



Rehab Plus
Rehabilitation & Fitness Centre



February 10 Newsletter

FEBRUARY IS HEART MONTH!! ~ What are you doing for your Heart Health?

Rehab Plus - HEART & STROKE SPIN-A-THON

WHO: Rehab Plus and the Heart and Stoke
WHAT: 8 hour spine-a-thon
WHEN: Sunday February 28th 8am-4pm
WHERE: GroupEx Studio at Rehab Plus
WHY: Because every dollar raised will help fund vital heart disease and stroke research and initiatives, including earlier diagnosis and breakthrough in treatment and recovery.

How the event works: There will be 12 teams of a minimum of 4 people per bike; a team member must be spinning at all times during the event. We will have on hand, certified spine instructors giving mini classes throughout the day.

How to register? Please contact **MARIA** at Rehab Plus to register you team or to make a donation.
PRIZES TO BE WON for every level of fundraising starting at \$50.00 !!
OUR FUNDRASING GOAL IS \$1,600.00



Warm up to winter foods

By Alyssa Rolnick, RD from the Heart & Stoke Foundation

Believe it or not, your local grocery store is chock-full of winter's most colourful and tasty foods. Not only are they packed with heart-healthy nutrients, but they also contain loads of fiber that will help keep your heart healthy and waistline in check.

Veg out!

Colour your plate with a variety of winter vegetables such as squashes (acorn, butternut, spaghetti, hubbard, pumpkin), beets and parsnips. Winter vegetables are packed with powerful nutrients such as fiber, vitamin A, and vitamin C.

Switch to beans

Kidney beans, chickpeas, lentils, navy beans and other varieties of dried legumes are always in season, plus they are full of important nutrients such as fiber and protein. They can easily be added to most soups and stews, making a tasty meatless meal that will help you reduce the amount of red meat that you consume.

Go with the grain

According to a recent study in the American Journal of Clinical Nutrition, eating whole grains regularly can help ward off high blood pressure. Choose whole grains that are not refined and contain their bran and germ so they are richer in nutrients like B-vitamins, zinc and fiber. Try buckwheat in pancakes, oats in cereal, quinoa or whole-wheat couscous in a pilaf.

Pick seasonal fruit

Apples and pears are in abundance - and store well - at this time of year. They are full of antioxidants, fiber, flavonoids and vitamin C. To get the full benefits of all their nutrients, consume them whole instead of as a juice. Enjoy apples and pears raw, sauté them with red cabbage, onions and raisins, or bake with a little bit of margarine, brown sugar and cinnamon (in 30 minutes!) for an easy heart-healthy dessert.

See www.heartandstoke.on.ca for heart healthy recipes using these seasonal ingredients.

Always bear in mind that your own resolution to succeed is more important than any other. ~Abraham Lincoln



February 10 Newsletter

A Story for your Heart- by Adrienne Crosby

Once upon a time, there was a young prince who wanted to find out how healthy his heart was. One foggy morning, there came a knock on the door, there was a young princess on the other side of the door who the prince knew to be the Princess of healthy hearts.

Shortly into their visit, the prince said " Princess, before you go can you please teach me about healthy hearts so I can live long and look after this wonderful kingdom when I am king".

The Princess talked to the Prince for hours about healthy hearts and here is a caption of what she reviewed with the Prince:

- It is recommended that everyone gets 60 minutes of light effort physical activity daily or 20-30 minutes of vigorous effort activity daily.
- To train the heart (aerobic conditioning), your heart rate should be between 70-80% of your maximum. This is your Cardiovascular Training Zone.

"How do I calculate my Cardiovascular Training Zone?" asked the Prince
"There is a very easy formula that you can use!" replied the Princess. " It is:

$220 - \text{Age} = \text{Heart Rate Maximum (HRmax)}$

Multiply the HRmax by 70% and 80%, this will give you the heart rate (beats per minute) that you want to maintain when exercising.

"For example," said the Princess, " you are a 37 year old male, this is how the equations would work

$\text{HRmax} = 220 - 37 = 183$

$183 \times 70\% = 128$ beats per minute

$183 \times 80\% = 146$ beats per minute

"Therefore, to train your aerobic system, your heart rate should stay between 128-146 beats per minute during your workout."

" Thank you very much Princess, " said the Prince, " you have helped me to find out how I can work towards a healthy heart, but what does having a healthy heart mean for the rest of my body?"

"That is an excellent question," said the Princess, " there are many benefits to having a healthy heart. Maintaining good cardiovascular fitness reduces your risk of being affected by Type II diabetes, stroke, some types of cancer, heart attacks along other cardiac diseases. You can even decrease the chance of being affected by depression, anxiety; you will have more positive feelings of well-being and improved performance in daily home and work activities, including being the King!"

" That sounds wonderful!" said the Prince, " How about I get a start on my healthy heart and we go for a brisk walk down to the market to pick up some fresh fruit and vegetables!"

"That's what I like to hear!" said the Princess.

So, the Prince and the Princess lived happily and heart healthily ever after!

