

FEBRUARY HEART HEALTH NEWSLETTER

February is heart month. We did a small poll to see what heart health means to you:

- Cardiovascular health - “how tired I get while running”
- Eating well- balanced diet, drink a little, moderation is key
- Heart attacks - Atherosclerosis and cholesterol

This month Nadine the Naturopath addresses some of these hot topics!

1. FISH and FISH OIL SUPPLEMENTS



WHY EAT IT?

OMEGA 3 FATTY ACIDS LOWER TRIGLYCERIDES

- A recent study by the American Journal of Clinical Nutrition (placebo controlled double blind) concluded that high dose fish oil (>3 grams) decreased Triglyceride levels by 27%
 - Check out the study: <http://www.ncbi.nlm.nih.gov/pubmed/21159789>
- High Triglycerides levels are an independent risk for cardiovascular disease and have been connected with increasing detrimental effects of LDL (the “bad” cholesterol...or is it...we can talk more about that later)

- Eating fish is great but to take in 3g of EPA/DHA (the two different types of omega 3 fatty acids AKA fish oil) a day you have to eat fish for every meal and this can increase your risk of toxic exposure to mercury
 - Aim to have fish 2-3 nights a week!
 - This link will connect you with a guide for safe fish consumption: <http://www.simcoemuskokahealth.org/topics/environment...>

Check out a great *Fennel-N-Fish* recipe: <http://wellness.sxsfitness.ca>

2. DRINK A LITTLE – daily!

Why DRINK?

IMPROVED CARDIOVASCULAR FUNCTION

- In 2012 *Frontiers in Bioscience* wrote a review looking at epidemiologic studies (studies looking at the cause of disease) concluding that daily moderate drinkers had significant reductions in cardiovascular mortality when compared with individuals who abstain or who drink alcohol in excess.
- Moderate drinking also showed reductions in all-cause and neurodegenerative mortality compared to abstinence and heavy drinking.
- Moderate drinking is one glass/night for women and two glasses/night for men.



3. INTERVAL TRAINING (HITT)



WHY DO INTERVALS?

REDUCES TOTAL CHOLESTEROL, LDL AND TRIGLYCERIDES AND INCREASES HDL (THE GOOD GUY)

- High Intensity Interval training consists of short periods of high intensity exercise (cardiovascular/aerobic and resistance training) followed by a periods of rest
 - Example: 20 sec work, 10 sec rest for 4 minutes
 - Example: 6 min work, 4min rest
- A 2012 study conducted by the Nigerian Journal of Clinical Medicine compared men aged 50-65yo with high blood pressure doing 8 weeks of HITT workouts to those not exercising and found Intervals were an effective adjunct for hypertension management and increased HDL
 - <http://www.ncbi.nlm.nih.gov/pubmed/22437088>
- Interval training has also been shown to improve lung function and help accelerate weight loss, plus it make the workout go by really fast!
- To get a taste of HITT training check out SXS Fitness group classes
 - **Bootcamp:** Tuesday and Thursday 7am
 - **Metabolic Conditioning:** Tuesday & Thursday 9:30am
 - **TRX Classes:** Mon 9:30am & 6:30pm, Tuesday 7:15pm, Thursday 6:30pm

FINAL THOUGHT

Our final thought comes from Dr. Heather Ross, MD, MHSc, FRCP (C). She is a Professor of Medicine at the University of Toronto, and Director of the Cardiac Transplant Program at Toronto General Hospital. She has been training with Stefan at SXS Fitness in preparation for a trip to the South Pole with a group of heart transplant survivors. The ['Test Your Limits'](#) initiative was created to bring awareness to heart failure research, cardiac transplantation and heart health. They successfully reached the pole this January, way to go Dr. Ross and the *Test Your Limits* team!

We asked Heather what her one piece of advice on heart health would be, she said:

“My life is worth an hour a day”

- This wisdom came from a man with considerable health concerns who came to the realization that indeed his life was worth an hour a day, and he has been improving ever since!
- So find your hour, whether it be in the gym, preparing food or taking time off to just take care of yourself! Your body will thank you

About the author:



Nadine Jackson is a fourth year student at the Canadian College of Naturopathic Medicine (CCNM) and is a Naturopathic Doctor candidate expecting to graduate in 2013. Nadine has extensive experience in the world of fitness growing up as a competitive gymnast, then focusing on dance, yoga and Pilates. She is certified as a Pilates, spin and cross fit instructor as well as a personal trainer, a health & wellness specialist and a level two CAC gymnastics coach. In her final year at CCNM she is working on the sports medicine shift focusing on sports nutrition and pre/rehabilitation for sport injuries. She has also gained experience treating a variety of other health concerns from insomnia to digestive complaints.

Nadine is passionate about health and fitness and hopes to share her knowledge with everyone in the SXS Fitness community.