

# LIFE IN HEARTS

ISSUE 01  
2024



## CANADIAN WOMEN WITH MEDICAL HEART ISSUES

LIVING BRAVELY. LOVING BOLDLY.

# LIFE IN HEARTS

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Canadian Women With Medical Heart Issues Facebook Support Community



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Heart Attack, NS

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# WHO IS ...



“She was powerful,  
not because  
she wasn’t scared  
but because  
she went on  
so strongly,  
despite the fear.”

- Atticus

Welcome to the first issue of LIFE IN HEARTS digital magazine. The inspiration for this magazine came from you, the members of the Canadian Women with Medical Heart Issues Facebook Support Community.

The magazine will hopefully motivate, inspire and share knowledge with women in and outside of our private support community. Access to information built by patients can be quite limited so we hope this digital magazine will build a resource to encourage patient lead sharing.

A key element of building this magazine was that it had to primarily feature articles by women living well with HD or HF or are caretakers. Each article will list their name, their diagnosis and what lovely province they live in. By sharing so bravely the many conditions of heart disease can raise awareness and connection to others.



“We are stronger together. Together we can learn to live bravely and love boldly despite a chronic illness diagnosis. We can be heart warrior queen strong!”

Canadian Women with Medical Heart Issues Facebook Support Community has been fundamental to my own learning and coping strategy of living well with heart failure. I believe this safe, positive space that we have created is unusual for an online group - Thank you for that!

Whether you are newly diagnosed or have been living for years with heart disease or heart failure, this digital magazine is for you. I would love to hear what you think and how we can make it better - email me:

Jackie@Heartlife.ca

  
EDITOR-IN-CHIEF



White Cliffs of Etretat, France, Oct 2023



# HOW LIFE CHANGES WITH THE DIAGNOSIS

BY LISE BURGESS,  
PENDING HEART TRANSPLANT, BC

“Two other family members with HCM also died that year leaving me to feel completely alone at a time when I needed guidance, support and their lived experience.”

I was diagnosed with Hypertrophic Cardiomyopathy (HCM) at the age of 19 passed on to me by my father. Two years later, I was told I had been misdiagnosed and did not have HCM. Twenty years later, at the age of 39, I was told I did indeed have it and it was now advanced. Three months later I had my first (of 4) ICDs (implantable cardioverter-defibrillator) inserted on the same day my father (64) died while waiting on the heart transplant list. Two other family members with HCM also died that year leaving me to feel completely alone at a time when I needed guidance, support and their lived experience.

I had my first cardiac arrest at age 45 and instead of calling an ambulance, I walked to the couch, sat in silence for a few hours, then went to bed. In the morning, I got my daughter off to daycare with her lunch and drove to work to deal with numerous rushes. I knew something had happened but I didn't know what. All I knew was I didn't want to inconvenience anyone. I had to be a mom, a wife, an employee, and a daughter before taking care of me.





"I am NOT my disease."

Two days before Christmas 2019 I went grocery shopping for a dinner at my home for 25 people. I put up the Christmas tree and wrapped some gifts, all the while I was feeling like I was constantly going to pass out and gasping for breath. I still hadn't learned my lesson. I ended up in the hospital that night with a diagnosis of heart failure and end-stage HCM. I left that hospital so scared not knowing anything about heart failure. Thankfully, I found 'HeartLife' and the Facebook group 'Canadian Women with Medical Heart Issues.' For the first time in 13 years, I didn't feel alone. I was able to converse with people who could relate and who had similar experiences. I could learn from them and vent to them. It was such a warm, supportive feeling.

Ten months after the diagnosis I went to Ireland but by this time I had accepted that I was sick and had limitations. I brought a box of power bars in my luggage so I wouldn't be tempted to eat whatever junk food was around me when I got hungry. I had my own healthy breakfast cereal and made sure our accommodations were always on the ground floor.

I learned to compromise. I had to give up hiking but took up kayaking. I bought a lift system to get the kayak on and off my car. I paid the extra money to have a lightweight kayak so paddling would be easier. I told my friends when I wasn't feeling 100% and they were more than happy to carry my kayak to and from the water, even holding it so I could get in with ease. When I was on the water I wasn't in pain, I wasn't sick, and all my worries and fears left me. I challenged myself to kayak at least once a month, even in winter. I've accomplished this for 43 consecutive months even through 5 surgeries, a punctured lung, a broken foot, 6 right heart cath, half a dozen hospital stays, and numerous debilitating episodes of gout in both feet.



On the water for my 54th Birthday  
My happy place.

Kayaking also began my obsession with environmental photography. Seeing the beauty with a different mindset has made photography my self-care, my meditation, my stress reliever, and my time spent connecting with my family in nature.

I make inspirational sterling silver jewelry but recently became very frustrated when my hands started to shake, making it difficult to work with tweezers and tiny pieces of metal. What took me 20 minutes was

## WWLE HEART JOURNEY SHARING



Even in the middle of nowhere  
love prevails



Working on my bucket list  
(Mont St. Michel, France - Oct 2023)



Work with your limitations,  
not against them

now taking me an hour. I was devastated but quickly realized that the shaking started when I was tired. Now when I noticed the signs of fatigue creeping in, I accepted that my day is done and it is nap time.

In October 2023, I went to Europe for two weeks and did a tremendous amount of walking (a lot of it uphill), but I made sure I went slow, stopped often, had several naps during the day, and ate healthy. I was hesitant to go up the White Cliffs of Etretat (with an elevation of 51 metres) but I was so extremely grateful I did because the views were amazing!

Every 6 months for the past 5 years I've had tests and a follow-up visit with the pretransplant clinic to determine if I was ready to be listed. I would always fall into a depression two weeks previous wondering if my whole life would suddenly change. During a regular visit two days after I got back from Europe I was advised it was finally time. I was flooded with a sea of relief but it quickly turned into disbelief. Two months later, after 27 appointments, evaluations, bloodwork, tests and vaccinations I was listed for a heart transplant on January 23, 2024 at the age of 56. I'm in shock and I'm sure once it does hit me I will have a hard time controlling my fears, tears and emotions. But I also know that its ok to have those reactions and eventually I will also get to excitement, gratitude and relief.

Because of my heart journey, I learned to put myself first, to do what makes me happy, to ask for help, to take that nap without feeling guilt, and realize having a breakdown doesn't mean I'm weak. I have learned that my disease doesn't define me, it isn't who I am. It's not about limiting my life, it's about accepting and working with my limitations so I can get the most out of my life.





Life In Hearts & HeartLife Initiative:

# PATIENT INFORMATION SHEETS



By Jackie Ratz, Heart Failure, MB

The lack of clear & concise information available to patients without intimating us is hard to find. Information by patients for patients is nearly impossible...

Sitting in a doctors office receiving a diagnosis of heart disease or heart failure is so stressful. I recall being told “you are right on time” when I saw my first cardiologist. I was like, “On-time? On time for what?! I did not sign up for anything!” My chemotherapy treatments from 20 years prior had left me a legacy.

Beyond an information sheet on Cardiomyopathy, I did not

receive any support information and had to start seeking out information and support for myself.

Three years later, it was a much different situation when I met with my Nurse Practitioner at the heart failure clinic. She gave me what felt like a ten pound envelope - full of great information, but so overwhelming that it sat on my table for months before I opened it.

The two extremes of getting no support versus getting everything at once sticks with me to this day - I know this is not unique to my journey.

We each absorb information in different ways, at different speeds, and in different detail. Sometimes just having a starting point can be the jump-start to figure out our own way to learn about what we are facing. Having reliable information is key.

# “89% of women cannot name more than 1 risk factor for heart disease.”



Speaking of reliable information, on-line (Dr Google) is full of great information but there is also so much misinformation, out-dated information, confusing clinical information and flat out wrong information. Navigating the internet can be overwhelming and intimidating.

There is also the issue of raising awareness around heart health risk factors so women can be proactive and hopefully delay or not walk in our shoes of heart disease or heart failure.

The new patient information sheets are another tool in our proverbial toolbox. These have been created to educate but also to raise awareness. They feature a number of topics and will be added to as topics surface or are suggested. They will be maintained and updated as needed. These sheets are not comprehensive by design and are meant to open the door on learning. They are written from a patient to a patient perspective,

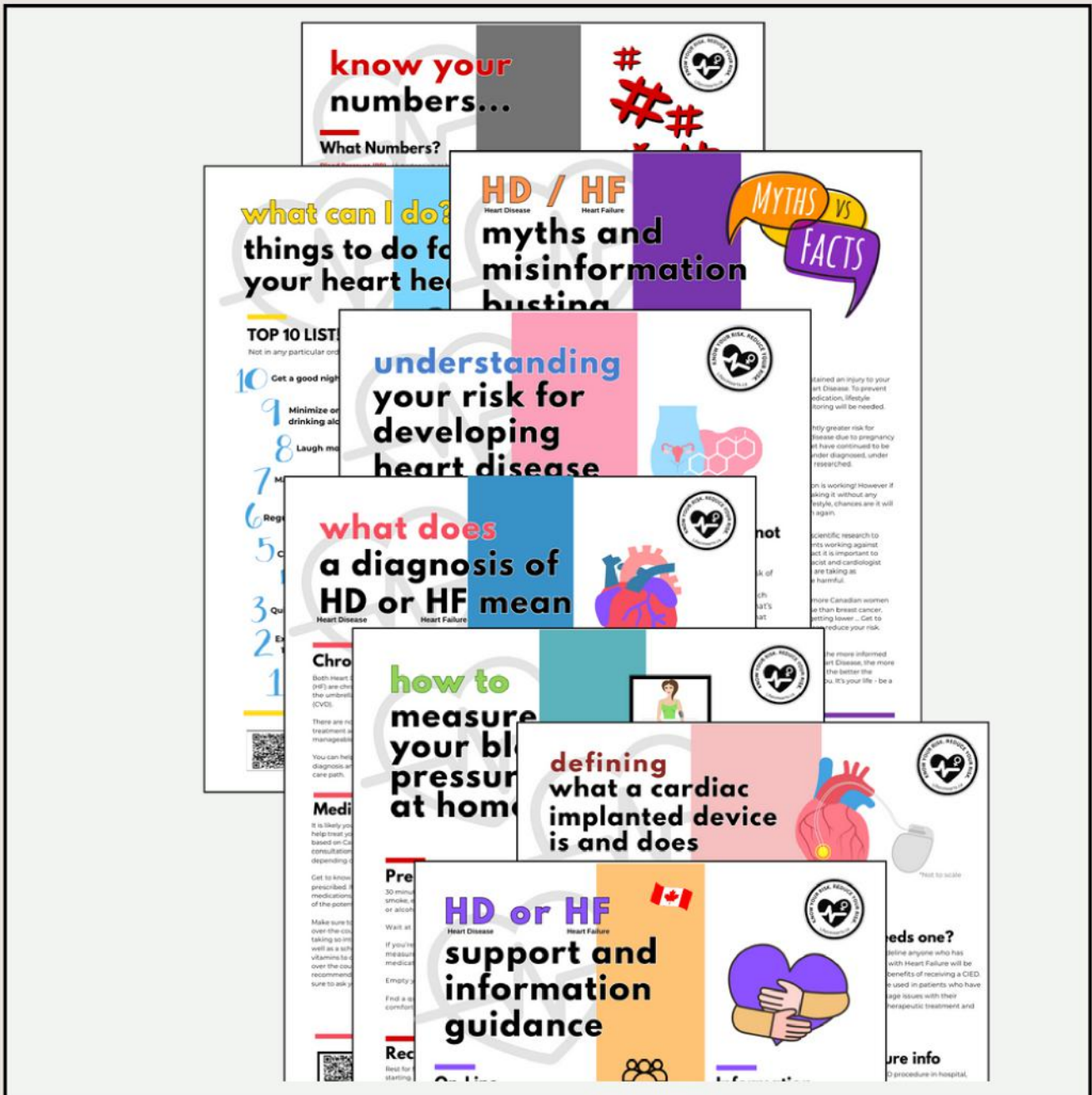
I was not aware of my potential risk factors for developing heart disease before I was diagnosed with Cardiomyopathy. I was so stunned when I was told “you are right on time” - I can only hope to raise awareness that this does not happen to anyone else.

Topics to date Include: a “Top 10 List” for heart health, “Know Your Numbers” and a women specific “Understanding your risk for developing heart disease.” Currently we have 8 sheets that are free to download.

One of the ways we are changing the conversation on women’s health is with our communication tool “How is my Heart?” checklist which is available to download for free. (go to [LifelnHearts.ca](http://LifelnHearts.ca))







Thank you to everyone who has been a sounding board and provided information, proofreading and medical review. A special thank you to HeartLife Canada for the support to help make these sheets happen.

Available for free download on [LifeInHearts.ca](http://LifeInHearts.ca) and [HeartLife.ca](http://HeartLife.ca)





## Tips & Strategies

# ARE YOU A SPOONIE YET?

## Planning My Week: How I Use Spoon Theory with Heart Failure

BY MARC BAINS, HEART TRANSPLANT, BC  
CO-FOUNDER HEARTLIFE FOUNDATION OF CANADA

Living with heart failure is a bit like having a special set of spoons. Each spoon represents the energy I have for a day or a week. I have to think carefully about how I use these spoons because once they're gone, I can't do much until I get my spoons back the next day or week. Let me show you how I use this Spoon Theory in my life.

Let's say I have 10 spoons for the whole week. Every task I do costs me some spoons because it takes energy. For example, doing laundry is not just about washing clothes. It involves gathering them, sorting, maybe going up and down stairs, and then folding and putting them away. That's quite a bit of work for my heart, so I count that as using one spoon. Now, I have 9 spoons left for the week.

I also love to go for walks because it's good for my heart and my mood. But walking isn't easy when you have heart failure. It can be tiring, so I count a walk as using 2 spoons. After the walk, I have 7 spoons left.

Going to the clinic is really important for my health, but it's more than just seeing the doctor. It's getting ready, maybe feeling a bit worried, traveling there, the appointment itself, and then coming back. All of this can be pretty tiring, so I think of it as using 3 spoons. After the clinic visit, I have only 4 spoons left for the rest of the week.

So, with 4 spoons left, I have to think carefully about the rest of my week. Maybe I have a family gathering, which is fun but can also be a lot for my heart and energy.

Or perhaps there's a small house project I've been wanting to do. I have to choose wisely because each thing will use more spoons.

Planning the week is important. I think about all the things I need or want to do and then decide how many spoons each one will take. If something is not that important, maybe I'll skip it this week. If something is really important, like the clinic visit, I make sure I have enough spoons saved up.

This way, I don't run out of spoons too early and end up feeling overwhelmed or making my heart work too hard. It's all about balance and making smart choices with my spoons. And remember, it's always okay to keep a spoon or two just for resting and recharging. After all, taking good care of my heart and my energy are the most important things!



YouTube Video explaining Spoon Theory:

<https://youtu.be/GDio-hS-M54?si=lpw6dPyy3PVt9LIR>



# HEARTFELT JOURNEYS: EMBRACING EMOTIONS IN THE WAKE OF HEART DISEASE

BY JILLIANNE CODE, HEART TRANSPLANT (X2), BC  
CO-FOUNDER HEARTLIFE FOUNDATION OF CANADA



“The diagnosis of heart failure was a seismic event, not just physically but mentally.”

My journey as a heart failure survivor and two-time heart transplant recipient has been as much about mental resilience as physical endurance. In “Heart Failure to Harvard,” my blog, I’ve openly shared the emotional ebbs and flows that accompany such

profound health challenges. My article, “At the Heart of Resilience,” recently published in CJCOpen further explores the mental health aspects, particularly for women with cardiovascular disease (CVD), underscoring the importance of acknowledging and embracing our emotional responses.

The diagnosis of heart failure was a seismic event, not just physically but mentally. It initiated a journey through a spectrum of emotions, a path shared by many women confronting heart disease. We find ourselves navigating fear, denial, and eventually, a form of acceptance, each emotion an integral part of our mental health journey.



Four days post second heart transplant as seen in 'My Broken Heart.'

The heart transplants, while life-saving, introduced an entirely new set of emotional challenges. It is a surreal experience, receiving the heart of another and feeling an overwhelming mix of gratitude, guilt, and existential contemplation. This procedure was not just a medical intervention but a profound transformation that affected every aspect of my being.

Every day since my heart transplant and the re-transplant has been a step in both physical and mental recovery. My new heart beating in my chest is a constant reminder of life's fragility and the strength of the human spirit. This journey has taught me that healing is not a straightforward path but a winding road requiring mental

resilience, patience, and self-compassion.

One of the most significant realizations in this journey was the understanding that healing is not a linear process. It requires patience, self-compassion, and a willingness to face and embrace the entire spectrum of emotions. I learned the importance of giving myself grace, allowing myself to feel and process each emotion, whether it was fear, sadness, joy, or gratitude. This experience also reshaped my understanding of normalcy. What was normal before the transplant gradually gave way to a 'new normal' - one that included regular medical check-ups, a heightened awareness of my body, and a

deeper appreciation for life's simplest moments. This redefinition of normalcy was not just a physical adjustment but a mental and emotional one.

Throughout this journey, I have been humbled by the interconnectedness of life. My survival, intricately linked to another's loss, highlighted the profound concept of Ubuntu - "I am because you are." This philosophy has guided me in understanding the shared human experience, the collective resilience, and the unspoken bonds that connect us all—a philosophy brought to life through HeartLife Foundation and the Canadian Women with Medical Heart Issues.



“Ubuntu - I am because you are.”

Sharing my story in this way is an attempt to shed light on the often-overlooked mental health aspects of dealing with life-changing health conditions. It's a reminder of the importance of acknowledging our feelings, the journey of acceptance, and the need for patience and grace towards ourselves. Each step, each challenge, is an opportunity for mental growth and transformation.

For more insights into my journey and the mental landscapes of other women facing heart disease, visit [HeartFailureToHarvard.com](http://HeartFailureToHarvard.com) and watch “My Broken Heart” on YouTube. It's as much a story of mental resilience as it is about survival, shared by many.



For those on a similar path, remember the significance of mental health care and the power of embracing every emotion. Your journey is unique, but you are not alone.



[MyBrokenHeart.ca](http://MyBrokenHeart.ca)



Follow Jillianne on Instagram, LinkedIn & X



Living & loving life everyday - Barcelona 2023



A documentary by Nick Zap (hubby).



# STRONGER TOGETHER

BY DIANNE GALBRAITH, HEART FAILURE, BC



Her reflection  
Rippled in the water  
Staring at the breakers  
White foam spitting  
Here and there  
And oh so cold  
Wind splaying her  
hair and  
wiping her tears  
turning she  
was surrounded by  
all the other women  
who went before her  
and they brought her peace.





# DEAR HEART,

BY WENDY SZAKACS,  
HEART DISEASE - 90% BLOCK OF THE LAD CORONARY ARTERY, AB

Hey dear heart, it's me, I'm really sorry. I know we made a deal.  
Who's to blame? Did you betray me or did I betray you?  
You scared the hell out of me!  
I'm talking to you dear heart!  
But, isn't "me"... "you", and "you"... "me" anyways?  
Can we start over and try harder my dear heart?  
I'll take care of you and you take care of me?  
Can we work on healing and doing better?  
I can't do this on my own dear heart.  
I thought you were to take care of me on your own.  
But I know now that we are in this together... till the end.  
Cross my heart and hope to ... Survive!  
We've got this. Another day. Another night.  
You are not alone. I've got you, and I hope you've got me.  
Because if we lose, we lose together. But if we win, we win together.  
We need to have courage, strength and motivation.  
Even though I'm nervous, we've got this. I know it dear heart.  
I'm so not ready to say goodbye. I don't want to give up.  
So, let's make more memories. You and me. Me and you. US.  
Let's fight this fight a little longer. Together, dear heart.  
No more blame game. I've got you.  
Dear Heart... I AM SORRY.



# SATISFYING SNACK IDEAS

“Smart snacks can deliver nourishment and pleasure. You deserve it!”



BY CHERYL STRACHAN, RD  
AUTHOR OF '30 MINUTE  
HEART HEALTHY COOKBOOK'  
SWEETSPOTNUTRITION.CA



TIP: Pair proteins with your carbs for snacks that will hold you over until the next meal.



## 1 Cheese & Apple Slices

Cheese is a great source of calcium and protein. It's better for heart health than most people think! Stock up on individually wrapped cheese for when you're on the go. Include cottage and ricotta in your snack routine if you like them.



## 2 Nuts & Pear Slices

All nuts and seeds contain heart-healthy fats! The most protein-rich choices are pumpkin seeds, peanuts, and almonds, but they're all nutritious in one way or another. You can also make your own trail mix - just go easy on sweet ingredients like dried fruit



“Heart healthy doesn’t mean going hungry or eating boring food. Satisfy your hunger with food you enjoy and you’re less likely to find yourself overeating down the line.”



TIP: look at sodium amounts on packaged foods and select the product with the lowest sodium per serving.



### 3 Hummus & Carrots

The main ingredients in hummus are chickpeas, a heart healthy plant protein source, and tahini, a paste made from grinding up sesame seeds, also rich in healthy fat. Enjoy with raw veggies or if you’re hungrier, whole grain crackers.



### 4 Yogurt & Frozen Berries

Choose Greek yogurt if you like it (more protein), and plain if possible (less sugar). But any yogurt makes a fine snack. Berries, rich in fibre and antioxidants, can support heart and brain health! Plus you can always have frozen berries on hand.



### 5 Peanut Butter & Banana

Natural peanut butter is ideal, but even more processed products are mostly heart-healthy fats, with just a small amount of sugar. Either way, spread peanut butter on a banana, or if you’re hungrier, make it into a half sandwich with whole grain bread.





BLOOD PRESSURE  
FRIENDLY



# BERRY TART

BY CHERYL STRACHAN, REGISTERED DIETICIAN  
AUTHOR OF '30 MINUTE HEART HEALTHY COOKBOOK'  
SWEETSPOTNUTRITION.CA

This surprisingly simple, crowd-pleasing dessert can help you get more fruit and whole grains, helpful for addressing high blood pressure, while still eating food you enjoy.

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Makes 6 small or 4 large servings

## INGREDIENTS:

- 2/3 cup whole wheat flour
- 1/3 cup sugar\*
- 1-1/2 tsp baking powder
- 1/4 tsp salt
- 2/3 cup milk of choice
- 1/2 tsp vanilla
- 1-1/2 tbsp margarine (non-hydrogenated) or butter
- 2 cups fresh or frozen berries (thaw frozen berries before baking)

\*Adjust the sugar relative to your preferences and the sweetness of the berries.



# INSTRUCTIONS:

## TOOLS REQUIRED:

- 8" x 8" metal or glass baking dish
- Medium sized mixing bowl
- Measuring cups and spoons
- Mixing spoon

### STEP 1 - Preheat oven to 350° F



#### STEP 2

In a medium bowl, combine flour, sugar, baking powder, and salt.



#### STEP 3

Add the milk and vanilla. Stir until the batter is smooth.



#### STEP 4

Melt margarine/butter in the microwave, in the bottom of an 8" x 8" baking dish.



#### STEP 5

Pour in the batter and sprinkle the top with berries.

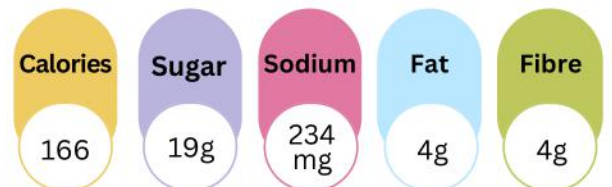


#### STEP 6

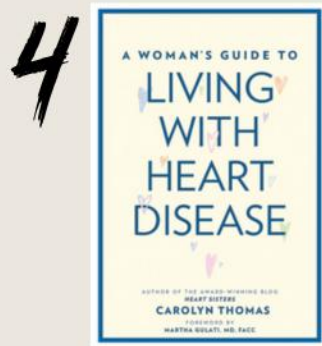
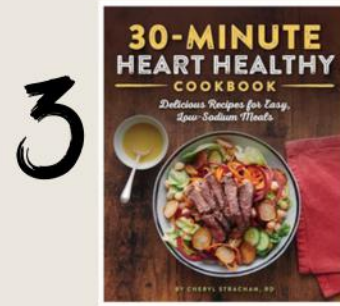
Bake for 35-40 minutes or until the tart is golden brown and cooked through in the middle.

## NUTRITIONAL INFORMATION:

Per serving (1/6) - 134g each



Adapted from the great little 'Student's Vegetarian Cookbook.'



1. Support - #HerHeartMatters Wear red on FEB 13 for #WearRed Canada or for the whole month! See the full collection at [WearRedCanada.ca](http://WearRedCanada.ca)
2. Safety - Cambridge Mask Co are suggested by HeartLife Foundation. [Us.CambridgeMask.com](http://Us.CambridgeMask.com)
3. Cookbook - 30 Minute Heart Healthy by Cheryl Strachan (see Eating for Heart Health article). [Amazon.ca](http://Amazon.ca)
4. Knowledge - A Women's Guide to Living With Heart Disease by Carolyn Thomas. [MyHeartSisters.org](http://MyHeartSisters.org) or [LifeInHearts.ca](http://LifeInHearts.ca)
5. Fun - Shop new items 'Know Your Risk. Reduce Your Risk.' [LifeInHearts.ca](http://LifeInHearts.ca) (Shhh... New Heart Sisters collection launching March 1.)
6. Chronic Illness Support Books - 3 books covering Estate Planning, Journal & Planner. By Barbara Moore (RIP 01/24) & Carol Kicker. [CatchYourBreath60.com](http://CatchYourBreath60.com)



# HEART RETAIL THERAPY

There are great products available to help us live better, to be safer or help us advocate for ourselves. There are also products that are just pretty or make us feel good or support a cause close to our hearts... let's share them all so everyone can benefit.



# MOVEMENT IS LIFE



How to Achieve Optimal Health Benefits in Only 30 Minutes a Day.



BY ANNIE SMITH,  
CARDIAC SARCOIDOSIS, ON  
PERSONAL TRAINER &  
GROUP FITNESS INSTRUCTOR



'I am grateful! I appreciate life every day I wake up and I listen to my heart and what it tells me. I live with a positive attitude and that's about all I can do!'

## ABOUT ME...

I'm a Group Fitness Instructor and Personal Trainer of 29 years. It is my passion in life to help others realize, set and achieve their health and fitness goals and become the best version of themselves. I love exercise and the benefits that come with it. After a shocking and scary diagnosis 9 years ago with Cardiac Sarcoidosis, having an ICD

implanted and being put on many medications to sustain me, I promised myself to keep going and incorporate the modifications and options that I teach my clients. To always keep moving to benefit my body, mind and spirit! It really does make me so darn happy! Movement is key!







## DAILY ROUTINE

### 3 - 10 MINUTE SESSIONS

Below are 30 minutes worth of exercise workouts, broken down into 3 - 10 minute programs. Have fun with them! Once you're comfortable with the workouts, I encourage you to mix them up for variety and to make them your own. This will help you stay focused and motivated. Movement is marvellous! Motion is lotion!

#### MARCH FIT - 10 minutes



Put some music on. Set the timer. SMILE!

- March on the spot for 1 minute.
- Step side to side for 1 minute.
- Walk forward 4 steps and back 4 steps for 1 minute.
- Alternate knees up for 1 minute.
- Kick feet back towards buttocks (alternating hamstring curl) for 1 minute.
- Repeat above 1 more time.

#### STAIR(S) - 10 minutes



Put some music on. Set the timer. SMILE!

- Walk up and down a staircase. (Either walk the entire staircase or just up and down the first step.)
- At the 5 minute mark walk around the space you're in.
- Go back and finish the last 5 minutes.

Think of your heart, muscles, bones and thoughts while you're showing up for you!

## SHOULDER MOBILITY & STRENGTH - 10 Minutes

Put some music on. Set the timer. SMILE!

Repeat the routines below until you reach 10 minutes.



- While standing (or sitting in a chair), alternate circling your arms around. Reach back as if doing a back crawl swimming stroke alternating arms. Full circles. After 12 to 15 times on each arm, change direction and circle forward (front crawl stroke) 12 to 15 times.



- With flowing non-stop movement, reach your arms wide and close them around your body – 'hug release' 12-15 times.
- With your arms out to the sides, parallel with the floor, palms facing the floor. Hold them strong. Do tiny circles forward for 20 times (so that your entire arm is moving from the shoulder), then reverse the circle for 20 times.
- Pulse your palms down resisting against space 20 times.



- Hold your arms at the side still parallel to the floor palms down and make a fist with each hand. Hold them strong. Relax in the shoulder so your shoulders don't shrug - that you maintain space between your shoulders and your ears. Flick your fingers out for 20 times.

BREATHE - You can do this! Relax your arms down and shake them out.



## WALL PUSH UP

- Stand facing a wall, feet shoulder-width apart a few feet back from the wall, hands shoulder-width apart on the wall at shoulder height.
- Bend your elbows and let your body move towards the wall with face coming right close to the wall (heels will come off the floor).
- The further back you stand from the wall and the lower you place your arms on the wall, the more decline you create making it more challenging, so stand relatively close to start and get the feel for the move first.
- Once you've got it, go for 2 sets of 10 repetitions and play with the distance from the wall.



45° angle



90° angle



## WALL SIT

- Place your entire back on the wall, engage your core (think of pulling your belly button towards your spine) and walk your feet away from the wall at shoulder width.
- Push your back into the wall and slide your controlled body down the wall between a 45-90 degree angle (have your knees in line with your ankles not over your toes). Caution: If your feet aren't away from the wall far enough you can potentially hurt your knee joint.
- Hold for 20-30 seconds if you can. Build up to 1-2 minutes.

Congratulations on showing up for you and choosing to start creating a healthy lifestyle of physical fitness and mindfulness. I am so proud of you! See you next time!

Namaste.



Annie is a regular contributor to the Ted Rogers Patient information website. Her "HEARTFIT" videos can be found at [OurHeartHub.ca](http://OurHeartHub.ca) or on the Life In Hearts YouTube Channel.



# B-H H O P S C O T C H



## HEART WORD SEARCH

Can you find the words hidden in the puzzle?



- |          |          |           |           |        |
|----------|----------|-----------|-----------|--------|
| ARTERIES | CHAMBERS | HEALTH    | LOVE      | PUMP   |
| BLOOD    | FIST     | HEARTBEAT | NUTRIENTS | STRONG |
| BRAIN    | FOUR     | LIFE      | OXYGEN    | VEINS  |



A DAILY WORD GAME

Are you a member of our online groups (Canadian Women or HeartLife)?  
 Come join us in our daily play of a fun word game to keep our minds sharp!  
 How long can you have a streak of solving the puzzle?  
[www.nytimes.com/games/wordle](http://www.nytimes.com/games/wordle)





# ALL ABOUT YOU!



## COMMENTS...

We want to hear what you think, want, enjoy or what we messed up! Or how you choose to live...

*"When you are born with heart disease it is all you know! I Try to wake up and give thanks that he let me breath and be alive today! Stay positive! Be alive!"*

Christine M, Congential, ON

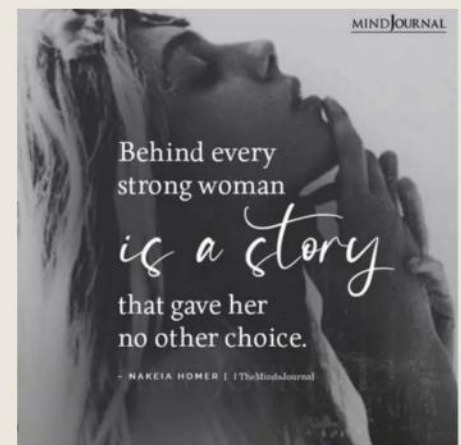
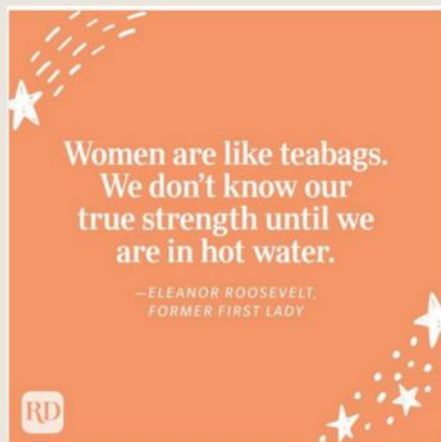
*"I want to help support and educate as the journey can be so lonely and hard ... finding on-line support was key for me... happy to contribute in future issues and in the group."*

Louise Koch, Heart Failure, AB

*"Community is Connection. Vital for those living with heart disease. Joining this group I no longer feel alone. Our stories may differ but the feelings are all the same."*

Paula Henderson, Heart Failure, ON

## BE INSPIRED...



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Have feedback for us? Or an editorial? Or a quote to share?  
Receive a \$10 GC for LifeInHearts.ca for sharing. Email [Jackie@Heartlife.ca](mailto:Jackie@Heartlife.ca)

# LIFE IN HEARTS

Living Bravely. Loving Boldly.

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