



Services we provide:	
Return to Work programs	Pre-Employment Screening
Business Outreach	Private Membership
Corporate Membership	Accredited Exercise Physiology
Sports Club Membership	Enhanced Primary Care
DVA Services	Core Stability

Inside this issue:

Coronary Artery Disease	1
Quiz	1
Monthly Exercise Tip—FITT Principle	2
Cardio-Protective Mechanisms Of Oats	2
Bircher Muesli	2



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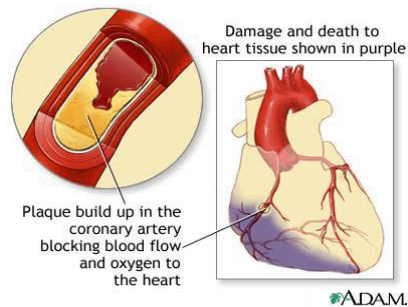
Coronary Artery Disease

Coronary Artery Disease (CAD) describes heart disease caused by impaired coronary (heart) blood flow. In most cases, CAD is caused by atherosclerosis (a hardening and thickening of the arteries). Plaque builds up on vessel walls and can be either stable or unstable, leading to a lack of oxygen supply to the heart, chest pain, heart attack, cardiac arrhythmias, conduction defects, heart failure and sudden death.

CAD kills more Australians than any other single disease; 22,983 or 17% of death in 2006. It should be noted that men more commonly have CAD than women.

Major risk factors for CAD include:

- Cigarette smoking
- Elevated blood pressure
- Elevated serum total



- and LDL (bad) cholesterol
- Low serum HDL (good) cholesterol
- Diabetes
- Advancing age
- Family history
- Abdominal obesity
- Physical inactivity

In terms of health care behavior only some of these risk factors can be affected by lifestyle modification.

These include cigarette smoking (quit), obesity (adopt a nutritionally balanced diet and physical activity), hypertension (adopt a nutritionally balanced diet, physical activity and if necessary pharmacological interventions), high blood cholesterol levels (adopt a nutritionally

balanced diet, physical activity and if necessary pharmacological interventions) and diabetes mellitus (adopt a nutritionally balanced diet, physical activity and good blood sugar control). See over page for more tips.

Quiz

1. In most cases, CAD is caused by:

- Pollution
- Atherosclerosis
- Bacteria

2. How many Australians did CAD kill in 2006?

- 22,983
- 122,983

c. 2,983

3. What gender is more commonly affected by CAD?

- Men
- Women
- Both are equally affected

4. Major risk factors for CAD include:

- cigarette smoking and elevated serum HDL cholesterol
- Diabetes and physical activity
- Abdominal obesity and elevated serum LDL cholesterol

Please turn over for answers.

Monthly Exercise Tip—FITT Principle

Quote of the month

“Yesterday I dared to struggle. Today I dare to win.”

Lifestyle Improvement Program (LIP)

LIP is the most advanced interactive health and wellbeing program available online.

It is at least a whole year’s worth of interactive tools, advice and guidance tailored to your health status, needs and goals.

Watch the introductory video now at www.lifestyleprograms.net Complete the free health, fitness and lifestyle assessment and receive your personal risk profile.

SPECIAL OFFER!

If you quote BFITSTUDIO when you join you save 25%, bringing the total price down to \$89.

The FITT principle in exercise is a set of rules that help you get the most out of your workouts. FITT stands for frequency, intensity, time and type.

The guidelines for developing cardiorespiratory fitness are as follows:

Frequency

If performing moderate intensity, at least 5 days per week. If performing vigorous intensity, at least 3 days per week.

Intensity

Intensity can be accurately measured using a percentage

of heart rate reserve (HRR). Moderate intensity is defined as 40-59% HRR and vigorous intensity is defined as 60% or greater HRR. Target HR = (fractional intensity) (HRmax—HRrest) + HRrest. Alternatively, moderate intensity can be defined as the point where you are still able to carry out a conversation (whilst exercising).

Time

You should exercise for between 30 and 90 minutes. This does not have to be performed at once, rather you can accumulate time through-



out the day eg. 10 mins at a time.

Type

Any kind of aerobic exercise eg. brisk walking, swimming, cycling. The most important thing is that you choose an activity that you enjoy.

Cardio-Protective Mechanisms Of Oats

Breakfast containing oats is the perfect way to start off your day, especially if you are trying to prevent or are currently dealing with heart disease.

Oats contain a specific type of fibre known as beta-glucan, which several studies have proven has beneficial effects on cholesterol levels. Consuming just 3g of soluble oat fibre per day typically lowers

total cholesterol by 8-23% in individuals with high total cholesterol. This is significant since each 1% drop in serum cholesterol equates to a 2% decrease in the risk of developing heart disease.

Antioxidant compounds unique to oats known as avenanthramides, help prevent free radicals from damaging LDL cholesterol, thus reducing the risk of cardiovascular

disease. Avenanthramides alone increase the amount of time before LDL cholesterol becomes oxidized, but when vitamin C was added, the 2 interact synergistically and extend the time LDL cholesterol is protected for.



Bircher Muesli

Serves: 4

Cooking Time: 10 mins plus 1 hour standing

Ingredients:

- 1 apple, peeled, cored and grated
- 2 mangoes, peeled and chopped
- 1 banana, sliced
- 2 passionfruit
- 2 cups rolled oats*

- 1 pear, peeled, cored and grated
- 1/2 teaspoon ground cinnamon

- 250mL pear juice
- 150g reduced fat vanilla yoghurt*
- 50g toasted flaked almonds*
- 250mL reduced fat milk*

* represents products available with heart smart tick. In addition, all fresh fruit and vegetables automatically qualify for the tick.

Instructions:

Put the apple, pear, rolled oats, cinnamon and pear juice in a bowl and mix to combine, allow to stand covered in the refrigerator for 1 hour.

Fold through the yoghurt and almonds. Spoon the muesli into individual bowls and serve topped with the milk, mango and banana then drizzle with passionfruit pulp.