

## The Importance of Physical Activity and Lifestyle;

Once every 6 weeks Bernard Mc Donald and yours truly (John Tudor) are invited to make a presentation at the Cardiac Rehabilitation series of initial educational talks, designed to ease recent discharged Heart Patients into the benefits of quality Cardiac Rehabilitation. It is a known fact that taking part in a good C.R. programme can result in recovery from the trauma's of Heart Disease, both mentally, physically and vocationally. The initial and ongoing programmes consist of 6 educational sessions held at Calderdale Royal and delivered by some of the people who are involved in the after care/recovery process after Heart related events.

All the subjects covered are designed to help the patients begin the process of recovery and to help them re-invigorate the positive messages of Lifestyle Changes and the biggest life saver of them all "Physical and Mental Activity". Which in many ways is nature's true "Panacea".

So what do two of our more **mature citizens** know about physical activity and Lifestyle, and what's more what gives them the qualification to talk about it? I can hear you saying!

Well initially our qualification was "Been there, seen it, got the T shirt, don't want to do it again" in other words we have both been in the CCU unit at Calderdale Royal (or the old hospital as it was 10 years ago). To a certain extent our expertise is borne out of empathy, but also more than that we are a living testament to the benefits that we talk about. Our sectional presentation relates to how we the end user perceive the "Importance of Physical activity and Lifestyle changes" and also what the Aims and Objectives of a Heart Support Group (like CREW and Calderdale Heart Care) can deliver in real terms to the community it serves. Hopefully we can fill the gap once the formal Cardiac Rehabilitation programme has finished. Members and their partners/carers can continue towards the secondary prevention aspect of what C.R. is all about, but with the added benefit of all the other social activity with a group of people who will usually have understanding and empathy to all who have been either referred from the Hospital or their GP's to one of the Care packages available through the NHS, Upbeat or Health Practitioners.

In this edition of our Newsletter you will see the other aspect of our beliefs in terms of Nutritional information to help us enjoy a better quality of Lifestyle with the food we eat. The British Heart Foundation has done a special print run to make sure each and every CREW member can carry a simple Traffic Light Scheme card, which will help in your food choices in the Nutritional sense. Roger's research at Sainsbury's has yielded a large number of products that contain their version of the Food Standards Agency recommendation on Food Nutrition. Roger tells me it was a difficult job to get his lady wife to allow him to do the shopping, so he could get the research just right!!

My choice has always been to take charge of my Health problem and seek the help from those good people who were prepared to help me deal with whatever comes my way.

So my thanks go to the Cardiac Rehab staff, and Upbeat who have always been 100% there for us . (And my wife who is always my carer)

My choices work for me, I sincerely hope they will work for you!

Visit: [www.crewheartsupport.co.uk](http://www.crewheartsupport.co.uk) for more information