

Happy September Fitness People!

This seems like a long newsletter, but I have a story to tell you and I want to let you know of the classes I am teaching. I sent fliers out in the last newsletter, but those of you I have spoken to have told me that they didn't see the attachments or they somehow didn't transport via email, so let me tell you what I am teaching.

Thursday mornings from 8:30 – 10:00 I have a Beginning Yoga Class. This is an 8 week series focusing on the Universal Principles of Alignment and Balance, Strength, Flexibility, Breathing and Relaxing. The class began this morning and one student was there. We both found the class to be a delight although it would be lovely to share the class and space with others interested. If you know of anyone interested or curious about yoga, please let them know of this class. They can always call me at 482-1887. The 8 week series will continue to go deeper into yoga principals week by week, but people can join at any time during the 8 week time.

Friday mornings from 8 – 9 I am teaching a Women's Group Fitness Class. The focus here is to reach people interested in a fitness class but are not members of clubs or the Y and don't have as much contact with fitness but want to. We will be taking body fat percentages, sharing struggles we go through and doing exercises that can be taken home and done at home. I will also be sharing hand outs. This class begins Sept 5th, people can join after the 5th but I do want to close this at some point to help in the sharing that will take place.

Both of these classes are being done at the Oak Street Dance Studio. Please tell your friends about them. Let them know that the instructor is a gentle loving being, she doesn't bite. The student in this morning's yoga class said she was at first afraid to come but was really grateful she had come. It wasn't as hard as she was afraid it would be.

My visit to see my dad was great. We walked a lot and biked some. I did yoga and stretching day in and day out. It was lovely. I flew back late Thursday night and had to take my partner, Wil to the Rogue Valley Hospital for an angiogram early Friday morning. While I was away, Wil had been having daily angi attacks (this is what Wil calls them). These are like pre-heart attack pains in the left arm and chest. Wil's doctor was out of town and he really wanted to see his doctor so he waited.

Wil did see his doctor the Wednesday before I arrived back and his doctor arranged for him to have the angiogram on Friday with the idea that open heart surgery would be down the road sometime. Wil would be able to set a date later for that. Wil has had four stints put in his heart which is why the only thing left would be open heart surgery.

Well, Friday morning Dr. Foster looked at Wil's heart and found that the stints were 99% blocked and open heart surgery that day would be the best thing for Wil. (The night before, my plane had been late and I had arrived at 10:30pm. Wil needed to be at the

hospital by 7am). We; Wil, the doctor, the surgeon and me, talked about the plan and Wil decided to go for it. He was in surgery by 12:30 that same day and out of surgery by 2:30 pm.

I saw Wil before I left the hospital and he looked pretty dead, he was holding the corpse pose quite nicely. A machine was keeping him alive by bringing oxygen into his body. He had tubes galore coming out of him. The doctor told me to talk to him even though it seemed like he wouldn't hear me. I did that for awhile and then went home to rest.

Saturday was one of the hardest days. Wil was in excruciating pain all day long. It was not a fun day. He couldn't find any place to lie that was comfortable. He did get up twice and sit in a chair and that was ok for only a short time.

Seeing Wil on Sunday was like day and night. Wil was up in his bed when I arrived and color was coming back to his face. He really looked alive. We moved him from the critical care unit to the regular heart patient unit before lunch time. He had been "fasting" because the food at Rogue Valley is not very good, according to Wil. I luckily have never been a patient there. They did finally bring him a fruit platter and that he enjoyed. When I left in the afternoon, Wil was pretty board with hospital life!

According to Wil, Monday was his day to go home. He was up and moving and he wanted out of the hospital. His nurse said it would be impossible to leave that soon after open heart surgery but when the surgeon came around, Wil talked to him. The surgeon agreed to take a chest x-ray and if his lungs looked clean, he would be able to go home after lunch. After the x-ray, Wil took off the hospital clothes and put on his own. He was ready to go home.

Well, Wil won and I did bring him home on Monday and he is healing faster than one could ever imagine. I share this with you because according to cardiologists, heart problems are caused from:

- Genetics,
- Lack of enough exercise
- Smoking
- Diet
- Stress
- High blood pressure

As you can see in this story, Wil is healing very quickly. He is a very healthy person. He doesn't lack in exercise at all, he does not smoke, his diet is pretty good (if he would only stop eating the ice cream and cookies), stress is another story and he has high blood pressure. His father's heart is just fine. His mother died because her heart stopped beating at the age of 78 and that was 10 years ago. She had no heart problems prior to death.

Again, I share this because I am learning how important it is to pay attention to the entire list of things that can affect the heart. I think Wil's heart problem comes from not being

able to deal with stress and I think that can bring about high blood pressure. I could be totally wrong, I don't have the answer, but I hope that you will look at this list and look at your life and make what ever changes you can make to avoid having to go through what Wil has just gone through. Realize that each and every one on the list is very important.

According to doctors, he will not be able to ride his bicycle again for 8 weeks. This is going to be just as hard as that second day after surgery when he was in so much pain. Please take full care of yourself. Don't leave any of it out.

Thanks for doing what you are doing fitness wise. Is there anything missing? Remember you come first and you are the most important person in your life. Take great care of yourself!

See you soon
Carol Lee

If we don't take care of our bodies, where will we live? Our bodies consist of our minds, spirits, bones, muscles, blood etc. We can't leave any of it out.