



FITT

Cardiac Association

January 2025

Fittnow.com

FITT COMMUNIQUE

President's Report

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FITT

- F— Frequency
- I— Intensity
- T— Time
- T—Type

Welcome to the Communique for 2025. We hope the holidays were kind to all of you and your families.

For FITT in 2024 we continued with our usual events through out the year with most of our members participating in at least one of the events.

Events that we are planning in 2025 are:

Summer BBQ at Confederation Park

Christmas Get Together and

Our AGM

We would like to add an event in 2025 and are seeking input from you, our members, regarding the type of event you would like to see us organize.

Please share your thoughts by emailing us at info@fittnow.com.

Our events during 2024 were well attended. Our current membership total is 46 members. We hope to increase this number and plan to do so by keeping our membership fee at \$10 per year. As many of you know, we are giving back to our loyal members with gift card awards for every 5 years of continued membership at the Christmas Get Together.

Please note 2025 Dues are **now** payable.

Moving forward we hope to increase our members and events through 2025.

2025 FEES

Our fees have never increased from \$10.00 per year. This year is no exception. We will continue to charge only \$10 per year and maintain a loyalty reward program for continued membership.

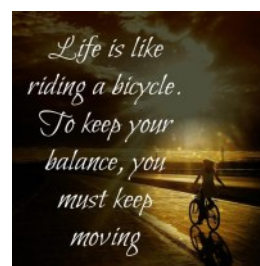
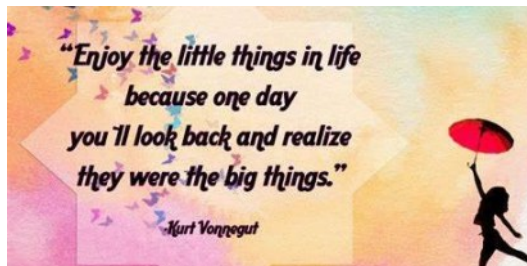
We are now beginning our collection of membership dues.

We would appreciate it if all members could pay their \$10 membership dues via e-transfer to ensure that we have a record of payment. If you are not able to do this, please contact Ilario Galano @ ilario.galano@fittnow.com to arrange alternate payment methods.

E Transfers can be made to membership@fittnow.com, when sending the transfer please identify the person(s) that is renewing the membership.



Life is not a problem to be solved, but a reality to be experienced



Mission Statement

F.I.T.T. Cardiac Association's purpose is to facilitate a Healthy Heart Maintenance Program (after Hospital Cardiac Rehabilitation); to support the continuing Health, Welfare, Exercise, Knowledge, Medical and Social benefit of our members. Participation in this program will reduce hospital visits and improve the overall health of participants.



Christmas Get Together December 2024

A good time was had by all. Many door prizes and awards were given out. Here is a collage of the pictures taken during our last event.





OBITUARIES



Maria Motta (ne Novelletto) [1934] - [2034]

Passed away on Friday November 8th, 2024. She was born on September 13, 1935 in Bassano Del Grappa, Italy. She immigrated to Canada in 1956. Maria was predeceased by her husband Silvano in 1995.

She will be forever missed by all her children. Maria was a member of Bon-sor 2 class for many years, She will always be remembered for her charitable work and feeding that special class of FITT Cardiac Association after every exercise class. She was also a big contributor to the Big Bike fund raising for Heart and Stroke.



In Memory of Wolf Schamberger [1945] - [2024]

It is with profound sadness that we announce the passing of Wolf Schamberger, the doctor who brought the Healthy Heart Exercise Program to Burnaby Hospital and into the community centres of Burnaby and Vancouver. Dr. Schamberger departed this life on October 30, 2024 leaving behind a legacy of warmth, kindness, and unwavering dedication to the many members of the exercise program.

Dr. Schamberger was known for his generosity and genuine concern for others. His dedication to his patients and especially the Healthy Heart Program members will always be remembered.

A celebration of Dr. Schamberger's life was held on November 28, 2024 at the First Memorial Burkeview Chapel in Port Coquitlam. Many friends and family gathered to share their stories and memories, honoring the remarkable life that Wolf led.

Though Dr. Schamberger may no longer walk among us, his spirit lives on in the lives he touched. We take solace in the knowledge that his legacy of compassion, love, and dedication will endure among those of use who had the experience of dedication to us.

Rest in peace, Dr. Schamberger. You will be deeply missed, but never forgotten.



Henry Mantel (Hank) - November 16, 2024

Hank (Hendrik) Mantel died peacefully on November 16th, 2024. .

Hank was very involved with Burnaby Healthy Heart and FITT Cardiac Association until he moved away from Burnaby. He was the first President of FITT Cardiac Association some 26 years ago.

Hank's first love was his family, especially his daughter and grandchild.

After that, it would be a tie between his beloved orchids (only grown in an eastern facing window) and his RVing.

Hank was a "grumpy ol man with a good sense of humour" (his words). He would love to "wind people up" and then sit back and watch the fireworks! He will be missed by all who knew him.