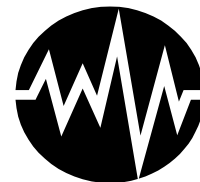


Goulburn Valley Heartbeat



The Newsletter of
Heartbeat Victoria Inc.
Goulburn Valley Branch
Established Dec.1986
HBVC ABN 76 073 229 523

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**GOULBURN VALLEY
BRANCH**

**August- September
2024**

www.heartbeatvictoria.org.au
My heart, My health

HEARTBEAT VICTORIA INC

VISION: to be an excellent & well recognized peer support organisation which assists in improving the emotional, social & physical wellbeing of people living with heart disease. or a heart condition.

MISSION: to advise & promote associated support groups in conducting peer support activities for people living with heart disease to ensure they have a better understanding of the impact of their heart disease or condition, how they might seek on going services & support in their local area & how to raise funds to improve cardiac services.

Hello All members and friends,

After having the month of July free from Heartbeat activities, here we are back with information for August and September events, hoping you can again join us. Like ourselves, several members have had time away and sought out places where the weather is a little warmer.

Big thankyou to Jenny and Max Hyland and all members who volunteered their time to support our Bunnings BBQ fundraiser held on June 8th. A total of \$1,788. 00 was made which is a great boost to HB GV Branch funds. We thought it a good idea to hold one more BBQ this year and have been allocated the date of Sunday 8th September. We will organise the volunteer roster nearer the date. If able to help please let Robyn know. Jenny and Max will be away on this day. The Can Collection project also continues to support our fundraising.

Arthur and I will be apology for August luncheon and be at the September Meeting.

Bye for now, Robyn



Some of our happy members who assisted at the Bunnings BBQ.

AUGUST diary of activities HB GV Branch.

NOTE CHANGE OF TIME & VENU

Shepparton RSL

Diggers Bistro

Monday, August 5th 2024

LUNCH: 12 MD

Looking forward to seeing you all after our time off in July.
Time to get out and socialise and chat with friends.

MY HEART, MY HEALTH, support it.



President Max and wife Jenny at Our recent Bunnings BBQ fundraiser.

No walk or lunch in August.

Despite the cool weather and dull days try and keep up your exercise and get out doors when weather is enjoyable.

Important for your heart health keep moving.

All the best to June Reid following her recent operation at Knox Hospital Melbourne. June is home again and on a journey to recovery following hip replacement and repair, feeling more comfortable and less pain. Kevin is head chef and carer. I am sure he would appreciate a visit. Thinking also of a Marie Quinn who has recovered from a fall and waiting for eye surgery for an unrelated matter. Please contact Jenny for any support.



COFFEE
MORNING
CHAT, CHEW &
SHARE

Tuesday August 20th 10.30am
Baking Dough Café,
253 Maude St Shepparton

Free Parking at rear of café and back entrance to Café

Cardiac Rehab participants invited.

BIRTHDAY GREETINGS



To all members with Birthdays in

AUGUST

Ernie Poyner 1st
Barbara Firth 4th
Deanne Brown 14th
Brian Heard 16th

Best wishes, good health and happiness.

**Member Welfare
HB GV Branch is there to help you.**

Please contact,
Welfare coordinator .
Jenny Hyland
M. 0422 820 491

SEPTEMBER diary of activities HB GV Branch

PEPPERMILL INN SHEPPARTON CONFERENCE ROOM.

Monday, September 2nd 2024

Dinner: 6.00pm

Speaker : 7.00pm

Cardiac topic TBA

Coffee/tea socialise: 8:00pm

Looking forward to seeing you all.

**MY HEART, MY HEALTH,
support it.**



Heartbeat Victoria Council Incorporated

AGM Wed Sept 11TH 7PM Zoom

AGM Speaker 7.15pm, Dr. Georgia Chaseling, cardiovascular and thermal physiologist. "Heat and How it effects the heart"

Agenda will be emailed at later date

Please give some thought to attending this important event. Gerald and Max will inform member's at the August luncheon and Sept. meeting of some special arrangements to enable more members to be part of this event.

NO COFFEE MORNING IN SEPTEMBER

LUNCH and GARDEN visit

Thursday Sept.19th. Leave
Shepparton 11.30am

Visit gardens and nursery at
Gargarro Botanical Gardens Café,
481 Winter Rd. Girgarre

Lunch 12.30pm

Carpooling suggested discuss at
August Luncheon.



BIRTHDAY GREETINGS

**To all members with Birthdays in
SEPTEMBER**

Robyn Fennell 6th
Myrna Gretton 9th
Kevin Reid 15th

**WISHING YOU A WONDERFUL
BIRTHDAY AND
GOOD HEALTH AND
HAPPINESS**

How many steps a day should I walk for my heart health?

https://www.bhf.org.uk/information-support/heart-matters-magazine/activity/how-many-steps-a-day-should-i-walk-for-my-heart-health?utm_campaign=2767508_HeartMatters_newsletter_non-HCP_July_1_2024

In this article, we uncover the science behind doing 10,000 steps a day and the facts around how much walking we should do to stay healthy.



How many steps a day is the ‘right’ amount?

You might have come across the idea that 10,000 steps a day is the magic number. Many smartphone and wearable step counters are automatically set to this target. But the story behind this figure might surprise you.

The idea of 10,000 steps a day traces back to a marketing campaign launched by a step counter company during the 1964 Olympics in Japan. This number was picked because the Japanese character for 10,000

(一) looks like a person walking.

Despite its marketing origins, the idea caught on and many scientific studies have looked at the health benefits of 10,000 steps a day. Research has linked it to a reduced risk of developing dementia, cancer and heart and circulatory diseases, as well as having mental health benefits.

How many miles is 10,000 steps?

Depending on the length of your stride, 10,000 steps is almost five miles or eight kilometres. It would take most people between one to two hours to walk 10,000 steps, if they did it in one go. Walking 10,000 steps burns between 300 to 800 calories, depending on your weight and height.

Should we all be aiming for this? The most comprehensive research to date, published last year in the European Journal of Preventative Cardiology looked at 17 previous studies involving over 200,000 people. It found that as few as 2,337 steps a day started to lessen the risk of dying from heart and circulatory diseases, while at least 3,867 steps reduced the risk of dying from any cause.

Above this amount, the researchers found that every extra 1,000 steps a day was linked with a 15 per cent reduction in the risk of dying. For people aged 60 and over, the biggest improvement in health was seen in people taking 6,000 to 10,000 steps, after which the benefits tailed off. For younger ages, it was between 7,000 and 13,000 steps.

Another recent large-scale study suggested that how fast you walk could be just as important as how far.

What should we take away from the research?

Everyone is different and the amount of physical activity needed for good health will vary.

If 10,000 steps a day is well above what you typically do (and that’s the case for most of us), you’re better off starting with a more realistic target, such as 1,000 steps more than you’re currently doing.

That way you’re more likely to stick with it and build from there. After all, the science shows even small gains in step count make a big difference.

To boost the health benefits, aim to walk at a brisk pace, meaning you can talk comfortably but would be too out of breath to sing.