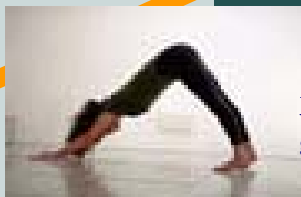


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Fitness Tip of the Month



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Make A Change

The best way to get cardiovascular results is to maintain the heart beats at 70% of its maximum rate for 30 minute... producing what is called "the training zone." Training in the zone will help you get results and not just maintain.

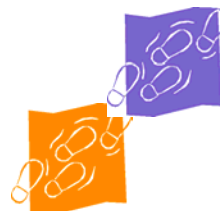
Find It:

$220 - \text{Age} = \text{Maximum Heart Rate}$

Count heart beats in 10 seconds X 6 = Heart beats per minute

Did you know:

About 9% of the population should and can safely train at or above their maximum heart rate zone. *Aerobic and Fitness Association of America, 2003.*



Principles of Fitness

Finally, get Results

Here are four secrets to finding balance in your exercise program:

Frequency, Intensity, Time, and Type.

FREQUENCY:

The times per week you participate in a particular activity/exercise program.

Example: Strength training (full body workout) 2-3xs per week; Cardio 4-5x per week; and flexibility training 6x per week.

TIME:

The length you do the activity for...

Example: Cardiovascular training 30-40 minutes, Weight training 30-40 (approximate) minutes of (2-3 sets of 12/15 reps each body part); and Flexibility, 15-20 minutes 6 days a weeks (minimum).

INTENSITY:

The level of difficulty you should be working at...

Example: Cardiovascular training 65% to 85% of your target heart rate

zone. Weights/resistance training to maintain present level just work to fatigue. For Strength training 1-3 sets of 12/15 repetitions. See a Personal Trainer to help assess your present fitness level and find the program you should be on.

* You should not challenge your body until you know your present state of health and abilities. See a training for further details.

TYPE:

What you are doing.

Example: Bike riding, swimming, running, walking for cardiovascular training; Resistance Training, dumbbells, bands and stability ball exercises for strength training (specific exercises with good form, proper speed). Flexibility training Yoga, Pilates, or a good basic stretching routine

