

● **Topic:**

**EQ:**

Questions

**Notes:**



One finger space in width.

← Create Columns!!!

*Make a new notesheet. (page 5)*

● **summary:**

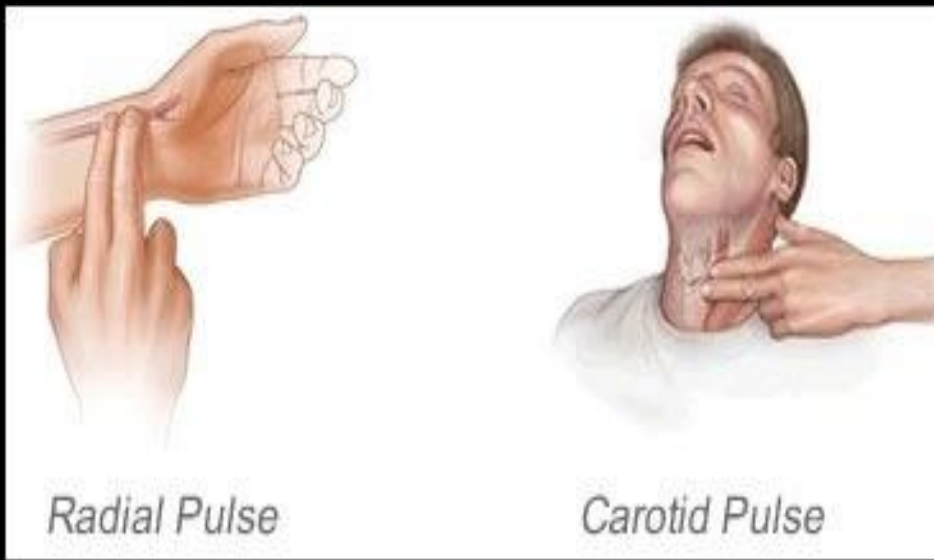


Unit #2: Nutrition and Weight Control

T2: Fitness and Heart-Rate

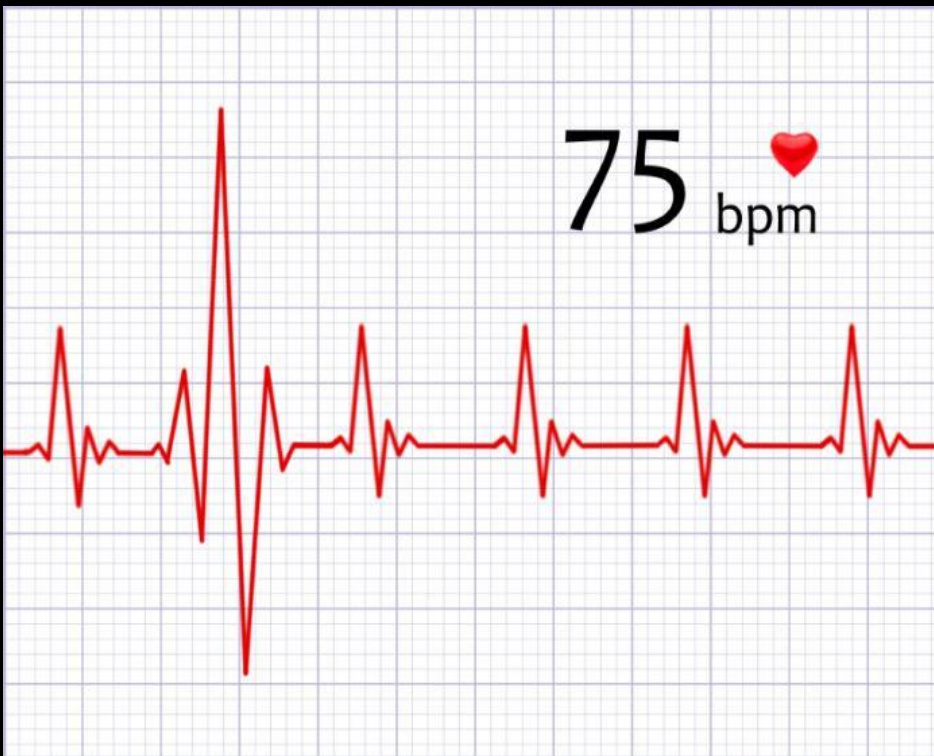
EQ:

Why is exercise an important daily and lifelong activity?



# Heart-rate

- how many times your heart beats in a minute (**BPM**: beats per minute)



- *Procedure:* Find your pulse in your wrist or neck and then count how many pulses (beats) you feel in 1min (bpm).



# Resting Heart Rate (RHR)

- Your heart-rate while the body is at rest.
- *Procedure:* Find your heart-rate when you wake up in the morning, do this 3x in a row and find the average.

$$\text{Average} = \frac{\text{sum of the numbers}}{\text{number of addends}}$$

Example:

**1, 2, 3, 6**

$$1 + 2 + 3 + 6 = 12$$

$$12 \div 4 = \boxed{3}$$

# FITNESS HEART RATE



**Quick Method for Finding Your Training Zone**

**Step 1:** Use the box below (Workout Zones) to decide on an appropriate workout zone.

**Step 2:** Find the age closest to your actual age along the bottom of the graph above. Follow the graph's vertical lines from your age to the numbers (in white) for your selected zone. The top and bottom numbers indicate your heart rate range.

**Step 3:** Train within your heart rate™ range.

**Workout Zones**

**High Performance (85%-100% maxHRR)**

- For exceptionally fit athletes, this zone is used for quick high intensity bursts, like sprints.
- Not to be done more than 1-2x/week
- Requires professional guidance

**Performance Zone (75%-85% maxHRR)**

- For fit and regular exercisers wanting to enhance their performance; do not do more than 2x/week.

**Fitness Zone (60%-75% maxHRR)**

- For those wanting to maximize their fat-slimming efforts and push themselves a little; done 2-5x/week.

**Health Zone (50%-60% maxHRR)**

- For those wanting to improve their health and reduce the risk for chronic disease (i.e. blood pressure, cholesterol)
- Can be done daily (i.e. 30-minutes after dinner).
- Can be used by athletes during long gentle extended workouts (i.e. 2-4hrs).

**DO NOT EXERCISE AT MAXIMUM HEART RATE LEVELS**

**Tips to Improve Your Performance**

**Tip 1:** Maximize your training efforts by pushing yourself a little during at least one workout per week.

**Tip 2:** Pick a "Challenge Myself" day. Use this day each week to increase your exercise time by 1-3 minutes (i.e., go from 15 minutes to 18 minutes, maintaining the longer workout for the rest of the week) until you achieve 30 minutes of continuous conditioning. This may take 4-6 weeks.

**Tip 3:** Once you can do 30 continuous minutes, increase the cardio machine's intensity (or your running pace) by 1 level; reduce workout to 20 minutes. This is your new workout intensity.

**Tip 4:** Repeat the "Challenge Myself" day, continuing to increase workout time by 1-3 minutes until you reach 30 continuous minutes again.

**Note:**

- The graph is a general guide based on the Heart Rate Reserve (HRR) formula and a sitting heart rate of 70 beats per minute.
- Individual differences are not taken into account and require professional guidance for "personalized" training.

**Measuring Your Heart Rate**

**Wrist Method**

Gently press your middle and index fingers on the inside of your wrist (thumb side) to calculate your heart rate. Count the number of heart beats for 1 minute (or 30 seconds and multiply by 2).

**Heart Rate Monitor**

Use a chest strap and wrist monitor to track your heart rate as you exercise.

**Note:** To optimize your workout results, check your heart rate every few minutes to ensure you train in the selected zone.

# Maximum Heart Rate (MHR)

• The highest your heart-rate should ever be doing any physical activity

• **Procedure:** (1) Identify your age and heart-rate level on a Heart-Fitness Chart or (2) subtract "your age" from "220"

# Target Heart Rate Zone

- Your heart-rate when your body is getting the optimal benefits of exercise, 60-85% of your MHR.
- *Procedure:* multiply your MHR by 60% (.6) and again by 85% (.85) to find your target.

Age	18-25	26-35	36-45	46-55	56-65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Above Average	66-69	66-70	67-70	68-71	68-71	66-69
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below Average	74-81	75-81	76-82	77-83	76-81	74-79
Poor	82+	82+	83+	84+	82+	80+

# FITT Formula

- **F**requency, **I**ntensity, **T**ime, and **T**ype
- A guide to physical activity
- **Frequency:** 3-5 times per week
- **Intensity:** 85% of your MHR = 20 min per session, 60% of your MHR = 60 min per session
- **Time:** 20-60 per session
- **Type:** aerobic activity that keeps the heart-rate in the target zone.