

## 10 Steps To Get The Most From Your Exercise: Part 3

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The next step from the list of ten, involves making the most of your cardiovascular workout. Trying to find a cardio routine that fits your lifestyle, is often a confusing and challenging ordeal. The information that is presented both on television, in magazines and in books is often contradictory. It seems as if everyone has their own interpretation of what defines an optimum cardiovascular workout. The basics of cardiovascular training are however, very simple.



**Step#4:** Aerobic exercise is any prolonged activity that makes you breathe hard while using the large muscle groups at a regular even pace. Aerobic activities help to make your heart stronger and more efficient. These types of activity play a major role in reducing the risk for cardiovascular disease, stroke and hypertension. Aerobic activity is also important in the prevention of obesity and diabetes. The other benefit to aerobic exercise is that it uses more calories than

your regular activities. The aerobic activity you choose should be enjoyable, and accessible for your lifestyle. There are so many different types of activities to choose from, such as walking, jogging, bicycling, dancing, and aerobic equipment such as the treadmill and elliptical trainer. The best way to stick with the cardio portion of an exercise program is to find an activity that you enjoy and fits into your schedule. What you choose is not nearly as important as choosing something that challenges and motivates your inner athlete! The American College of Sports Medicine guidelines for aerobic activity are as follows.

1. Exercise 3 to 5 days each week
2. Warm up for 5 to 10 minutes before aerobic activity
3. Maintain your exercise intensity for 30 to 45 minutes
4. Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.
5. Exercise at a level strenuous enough to raise your heart rate to your target zone.

To find your target heart rate, use this simple formula. Take 220 and minus your age. Then multiply this number by 50 %, 60%, 70% and 75%. For me this would be 220 minus 44 (my age) equals 176. Then you take 176 times 50% which equals a target heart

rate of 88. This means that 50% of my maximum heart rate is 88, at 60% the THR(target heart rate) is 106 . To see if you are exercising within your target heart rate zone, count the number of pulse beats at your wrist or neck for 15 seconds and then multiply by four. If this seems difficult, there are great pulse rate monitors you can purchase at most sporting good stores. If your heart is beating faster than your target heart rate, your exercise intensity is too high and you need to slow down. The same can be said for the opposite, if your THR is too low then you need to kick it up a notch! When you start an exercise program , begin by using 50% of your maximum heart rate and gradually increase as you level of fitness improves. Over time you level of fitness will improve, so be patient with your progress.

The most important thing is that you move your body everyday, take the stairs, walk extra steps during the day, and play recreational sports .It is really so simple, sit less, move more. Get the most out of life by being physically able and active. Changing from an inactive life to an active one , will improve your quality of life . Please remember to consult with your doctor before starting any exercise program.

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