

## Guidelines to Exercise Your Heart

Exercise can be divided into two types - anaerobic and aerobic. Anaerobic exercise occurs when oxygen in the muscle is consumed but is NOT immediately replaced by the body during the workout. Examples of anaerobic exercises include sprinting, weight lifting, short runs up stairs, yoga, etc. Usually anaerobic exercises are of short time duration and do little to exercise the heart muscle. As a result, your exercises should include those of the aerobic type.

Aerobic exercise, on the other hand, occurs when oxygen in the muscle is replaced as quickly as it is consumed during activity and is the BEST form of exercise for the heart. Examples of aerobic exercises include walking, jogging, swimming, and bicycling.

The following guidelines are provided to assist you in getting the most out of an aerobic workout.

Length of time for the aerobic workout depends on your gender. Men need at least 30 minutes of aerobic exercise while women need a little more - about 45 minutes to receive maximum benefit. This is because men generally have a higher metabolic rate than women. Keep your heart rate in the TARGET HEART RATE RANGE for the exercise period, which is 70% to 85% of your heart maximum, which is determined by your age. For example, a 20 year old has a greater cardiac output than a 70 year old. The older we become, the lower our heart capacity.

Use the following formula to determine your TARGET HEART RATE RANGE:

Your Lower Range in Beat/Minute is  $220 - (\text{Your Age}) \times 70\% = \text{BPM}$

Your Upper Range in Beats/Minute is  $220 - (\text{Your Age}) \times 85\% = \text{BPM}$

For example, a 55 year old would be

$220 - 55 \times .70 = 115 \text{ BPM}$  ----- Lower Range of 115 BPM

$220 - 55 \times .85 = 140 \text{ BPM}$  ----- Upper Range of 140 BPM

Therefore, someone 55 years of age would want to keep their heart rate between 115 to 140 beats per minute for 30 minutes (for males) and 45 minutes (for females).

Your heart rate is easily assessed after two minutes of exercise; continue to exercise while taking your pulse by placing your index and middle finger very gently over the artery in the groove between your windpipe and neck muscle. This is the location of the carotid artery. Count the number of beats for a six-second interval, and then multiply by ten. This is only accurate if your heart rate is over 100 beats per minute.

For example, if you counted 15 beats in six seconds then your heart rate would be 150 beats per minute. If your heart rate is faster than it should be, slow your pace. Conversely, if your heart

rate is slower than desired, gradually quicken the exercise activity within your comfort zone. Recheck every minute or two until you establish the desired pace.

Over a few months, you will find the need to quicken your pace as your heart and other muscles get into shape. This is the best way to exercise and also lose weight.