

AEROBIC INFORMATION

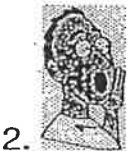
AEROBIC - means with oxygen -- exercises which provide a maximum of cardiovascular development.

EXAMPLES -- jogging, running, dancing, lap swimming, brisk walking, cycling, rope skipping, rowing, in-line skating, cross-country skiing.



1. Aerobic exercise is any vigorous activity that makes the heart and lungs work hard and demand increased amounts of oxygen over an extended period of time.
2. The exercise must be vigorous enough to reach the working heart rate range in order to achieve aerobic benefits.
3. The end result is abundant energy because oxygen is able to reach every part of the body.

AN EXERCISE IS AEROBIC IF...



BENEFITS OF AEROBIC EXERCISE

1. Strengthens the heart, lungs, and circulatory system.
2. Improves the respiratory system.
3. Tones, trims and firms the muscular system.
4. Increases flexibility.

TYPES OF FITNESS

1. Flexibility fitness - the ability to put joints through their full range of motion.
2. Muscular fitness - the strength and tone of the muscular system.
3. Cardiovascular fitness - efficient performance of the heart and blood vessels. **THIS IS THE MOST IMPORTANT TYPE OF FITNESS!!!**

REGULAR EXERCISE

Physical fitness is a lifelong pursuit. Unlike body fat, the body cannot store fitness. Fitness and exercise must be a way of life.

WHAT TO WEAR

An athletic shoe with a good arch support and heel cushioning is a must. Many of the racquet sport or cross-trainer shoes are ideal because unlike jogging shoes, they are designed for movement in all directions.

Loose fitting, comfortable shorts and T-shirt are appropriate attire.



One of the goals of aerobic exercise is to lower the resting heart rate, helping the heart to become a stronger pump, work less and function more efficiently. Everyone has three important heart rates: the resting heart rate (rhr), the working heart rate (whr), and the recovery heart rate. All three of these indicate something about your fitness level.

RESTING HEART RATE -- average rhr for women is 78 - 84 beats per minute (bpm); for men it is 72-78 beats per minute. Again, the better your aerobic condition, the lower your rhr should be.

WORKING HEART RATE -- indicates whether you're exercising at a safe, but effective level.

RECOVERY HEART RATE -- is taken after exercise. Five minutes after you have stopped exercising, your heart rate should not exceed 120 bpm. After ten minutes, the bpm should be below 100. If not, you have overextended yourself and should exercise less vigorously.

WORKING HEART RATE RANGE FORMULA

CONSTANT NUMBER	220
SUBTRACT YOUR AGE	_____
MAXIMUM HEART RATE	_____
MULTIPLY BY 60% or .6 (BY 80% or .8)	_____
ANSWER	x _____
YOUR MINIMUM WORKING HEART RATE(60%)	_____
MAXIMUM (80%)	_____

YOUR WORKING HEART RATE RANGE

(minimum) _____ to _____ (maximum)