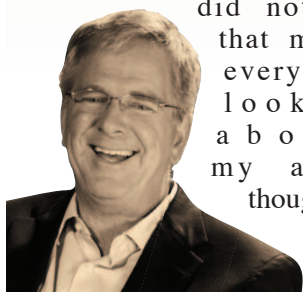


Commentary... Bull by Bull

By Judy Bull
Columnist

• At age 75 I feel like I've finally come into my own: My go-to place is wherever I'm at. My kitchen window perfectly frames my lawn ... just enough lawn for me and my 32-year-old mower. I am one of the laziest people I know. Luckily I have enough OCD in me to get everything done that needs doing, including trying to be better about letting my old Bronco warm up. I know I, myself, need more of said warming up.

• Travel guru Rick Steves came to Bend the summer of 2014 to support legalizing recreational marijuana in Oregon. I got a front-row seat because I love all things Rick Steves, and I was not disappointed. I was taken with seeing him in person. His voice sounded much like it does on TV, though his baggy black pants were wrinkled and his old loafers needed polishing. I was not at all surprised that I didn't recognize anyone in attendance. I



did notice that most everyone looked about my age, though.

• Now that marijuana is legal, I have blabbed to a few of my favorite people that I've smoked MJ for over 50 years ... most Saturday nights. After the initial shock, some wanted to know how it makes me feel: easily distracted, easily entertained, and eager for the inevitable laughter. Truthfully, my life would be better if I didn't feel a bit of guilt — even yet.

• My neighbor Kiki and I were trading frog stories last week. Who has the most and who has the loudest?

She does. On both accounts. I cannot begin to image the cacophony coming off an irrigation pond this time of year.

• Just as there are as many ways to hardboil an egg as there are people, there are as many ways to age as there are people. Somehow it feels good to be content with playing solitaire on a Saturday night. A while back when the power went out, I played said solitaire by candlelight. I mostly lost, but the wine and leftover Valentine's Day candy made for a peaceful evening of reminiscing — whilst winning.

• During hard times, the only problem with trying to get perspective is it's imperative that I first know where I am, which I most likely don't know and that's why I'm looking. Recently when I was feeling especially blue, help came in the form of homemade mac & cheese and cookies hot out of Mary Ann's oven. Just like that, my blues were gone.

• When my 10-year-old MacBook started getting more confused (sic) than ever, I treated myself to a MacBook Air. Very scary. Very silver. Very nice. While I was on the telephone with AppleCare that first night, my phone began dialing and redialing over our conversation. Almost too late, I realized I'd unknowingly pushed my "Help I've Fallen" button ... just before they sent out the troops.



Fit For Sisters Andrew Loscutoff Columnist

Training the cardiovascular system

Cardiovascular training is the process of continuously moving the body, elevating the heart rate, oxygen/carbon dioxide (CO₂) exchange via increased breathing, and mobilizing stored muscle glycogen for fuel. It is the system in our bodies which allows for a consistent effort without fatiguing. Cardiovascular fitness is integral to health and to the full enjoyment of recreational activities.

How does a person train this system? While the heart and lungs don't distinguish between different activities in how they work, the muscles do. Context is important. If you want to ride a bike better without fatiguing, much of your time must be spent riding a bike. This conditions the muscles to better utilize and exchange oxygen and CO₂.

The next consideration is how much effort you are

putting out. There are two common mistakes: not going hard enough, and going way too hard. Imagine going out for a walk, every day, same distance, same pace. This walk will feel easy. Now imagine that on this walk a wild dog begins to chase you and you must escape or be eaten. Will you be prepared to go faster?

Conversely, imagine this walk begins with a sprint, running like the dog is chasing you from the get-go. You will get tired very quickly and cannot maintain the pace. The dog catches you.

In the first scenario, the walker isn't providing the body enough cardiovascular pressure to increase the fitness of this system. Only once you begin to walk faster, feeling your heart begin to pump and breathing begin to increase, will you get a benefit.

In the second scenario, the sprinter is neglecting the notion that the cardiovascular system is trained with a consistent submaximal level. You supersede the body's ability to exchange the oxygen and CO₂ fast enough and use anaerobic (without O₂) energy during your sprint. The system will only allow for 2 to 5 minutes of work, then slowing must occur for the body to remove the byproducts of exertion before you can begin again. There is a fine line here called the aerobic threshold; any activity above this is lowering the ability to

maintain a pace.

While these examples are at the ends of the spectrum, the spaces between are often misapplied. The simplest way to know if you are in the aerobic zone is not with fancy calculations, heart rate monitors, or tests. The key is listening to the body. The talk test is a sure-fire way to better understand. If you can talk in complete sentences without pause, you are going too slow. If you can speak 3-5 words at a time without pause for a breath, you are right on track. If you need to stop to keel over and gasp, you are obviously pushing it way too fast.

Ventilatory threshold is another measure. This is the point where breathing becomes audible and deep. At this threshold you are effectively working the cardiovascular system. Practice noticing this point, and stick to the pace.

Aim for 3 to 5 bouts of cardiovascular training a week for 150 to 300 total minutes. Do something fun, and enjoy knowing that the benefits of heart and vascular health are being developed.

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