

HOW TO DETERMINE YOUR TARGET HEART RATE

You may have heard exercise specialists and enthusiasts advocating the importance of staying within your "target heart rate" range while exercising in order to burn fat. This is very important because if you are above this range, you are burning glucose, a sugar that is desperately needed for the brain to function properly. If you are exercising too hard, you may feel light-headed and dizzy. It is important to monitor your heart rate while exercising so you know whether you are working too hard, or not hard enough.

There is a very simple way to determine your target heart rate. First you must take your resting heart rate for a full minute. It is best if you take this after you've been resting quietly, or before you get out of bed in the morning.

Then:

- 1) Subtract your age from 220. *This is your maximum heart rate (max).*
- 2) Subtract your resting heart rate from your maximum heart rate. *This is your heart rate reserve (HRR).*
- 3) Multiply your heart rate reserve times 0.65, then add your resting heart rate. *This will give you the low end of your target heart rate range.*
- 4) Multiply your heart rate reserve times 0.80, then add your resting heart rate. *This will give you the upper end of your range.*

Example: For a 20 year old with a 70 beats per minute resting heart rate:

- 1) $220 - 20 = 200$ (max)
- 2) $200 - 70 = 130$ (HRR)
- 3) $130 \times 0.65 + 70 = 155$ bpm
- 4) $130 \times 0.80 + 70 = 174$ bpm

This person's target heart rate range is between 155 and 174 beats per minute (bpm). You may monitor your heart rate while exercising for 6 seconds and then add a zero to the end of that figure.

The main components for cardiovascular benefits are:

- 1) **Intensity:** stay within your target heart rate range.
- 2) **Duration:** a minimum of 15-20 minutes.
- 3) **Frequency:** a minimum of 3 days per week.

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EATING FOR ENERGY

It looks as if spring is upon us, and while some individuals suffer from allergies and hay fever, others face different dilemmas. The season for hiding underneath a roomy winter coat has passed, and it's high time we all get out and enjoy the sunshine. Each individual is different in his/her preferences for physical activity, whether it be winging a frisbee, socking a softball, or just laminating on the grass. One thing is certain - we all need energy to propel us through those sweltering spring afternoons. I'd like to share a few little gems concerning one specific area of spring fitness and nutrition: Eating for Energy.

Sure, candy bars, cookies, and a six pack of Jolt can provide an individual with quick, short term energy. But alas! Prepare yourself for double jeopardy. After your brief sugar high has peaked, be aware that your "energy rollercoaster" takes a perilous downhill dip, actually below the original energy level. The vigor that I, along with many others find beneficial stems from mouth watering bagels and wholesome, wholegrain breads, all found on campus in the dorm system and in the E.M.U. Along with tasty fruits like bananas for potassium, fresh vegetables, potatoes, rice, and juicy oranges, these foods all add up to a keen, well-rounded, energy efficient lifestyle. If you'd care to look into the interesting area of "good for you" energy ideas, the Peer Health Advising office is chock full of information on subjects that can make your spring term a lot brighter. So, just mosey on by our office located in the Student Health Center. Remember, if you'd like to notice improvements in everything from your energy depletion to your love life, concentrate on clean burning, low fat, complex carbohydrates for energy and I'll see you at the Peer health Advising office in the near future.

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