

## CALCULATE TARGET HEART RATE ZONE

To perform aerobics effectively you need to calculate your target heart rate zone. To do this subtract your age from **220** to find out your maximum heart rate, so if a person is **30** years old then:

$$\text{Maximum heart rate... } 220 - 30 = \underline{190} \text{ beats per minute}$$

Then multiply your maximum heart rate by 65%:

$$\underline{190} \times 65\% = 123.5 \text{ beats per minute}$$

123 beats per minute will be the lower range of the zone.

Now work out your higher range by multiplying your maximum heart rate by 85%:

$$\underline{190} \times 85\% = 161.5 \text{ beats per minute}$$

The example reveals a target heart rate of **123 - 161**. When exercising the heart rate should be within your own range at all times and to burn more fat you should exercise within the lower range. Exercising at the lower range enables the body to take up enough oxygen so the cells can utilize stored fat. If you workout within the higher range of the zone but you will burn more calories however most will be in the form of carbohydrates and less total fat.

You can check your heart rate while exercising by gently placing your index and middle finger on the inner part of the wrist. Now count how many beats in 10 seconds and times the number by 6. However I would recommend using an automatic Heart Rate Monitor so you can concentrate more on exercising. Check with your personal trainer for more information on target heart rate and learning how to use “perceived exertion.”

Learn tips and tricks on increasing energy expenditure and activity levels to help change body composition.

Increasing activity levels is the first major step to a positive change on [body fat composition](#) but it doesn't mean we need to be down the Gym every day. It's possible to make subtle changes within our present lifestyle to help us lose all the weight we want.

## **Occupation**

Your job may be the key to weight loss potential. If you have a physical job like in the construction industry then you're off to a good start but now you need to make the job more active. You could try to work harder, perform more of the physical tasks by yourself especially if you're a supervisor and usually hand it over to others. If you have one hour for lunch spend half hour being active then relax for the last half. If you work in an office at a desk all day and don't find the time to get up and about then try to form a habit of walking to work or parking the car further away so you can walk a little each day. Again you can try to be active for part of your lunch time too. You could also exercise your legs under the desk by constantly contracting the calf muscles, it may not sound much but a few hours of this can add up! If you're a driver delivering packages you could try parking 50 meters away from each destination, walking there and back for 10 deliveries equates to 1000 meters in one day!

Whatever job you do think about how you can increase activity level and use more energy, remember the human body was designed to move *so move it!*

If however it's impossible to increase activity levels in your job then look at other areas:

## **Housework and Chores:**

Although lots of us hate housework it still needs to be done so why not use the opportunity to increase [energy](#) expenditure. Make the vacuuming harder by removing furniture and cleaning all the way at the back, remember its not only the house that needs vacuuming the car may also need doing, decide that now is the time to put up the extra shelving in the garage or spare rooms. The idea is at chore time tries to do a little bit more, extra flights of stairs, give the kids a piggy back ride up the steps, lunge up the steps.....list goes on and on!!

## **Other areas:**

- Whenever you travel look if you can use a bicycle or walk
- If you have a dog take him for walks
- If you have some spare time take up a hobby - preferably a physical one!
- If you're watching T.V, a stationary bike can still be ridden
- If spending time with children you could play ball or catch
- If your on a night out why not go dancing in a club

The idea is to look at your own lifestyle to determine where you could possibly make improvements so use your imagination. For more ideas discuss your lifestyle with John or Lisa and they can help make anything into exercise!!