

Fitness Tips

As we continue with the 2008 President's Project to promote healthier lifestyles, here are a few tips and tricks to improve your fitness level.

1. When working out you should try to get your heart rate within your target heart rate zone to maximize cardiovascular fitness. How can you calculate your target heart rate?
 - a. Find your resting heart rate (RHR). First thing in the morning while still in bed, take your pulse. This is your RHR.
 - b. Subtract your age in years from 220 to get your maximal heart rate (MHR).
 - c. Subtract your resting HR from your maximal HR. This is called your reserve.
 - d. Multiply your reserve by 0.6, and then add your RHR. This is your lower end of your training zone.
 - e. Multiply your reserve by 0.7, and add your RHR. This is your upper end of your training zone.

2. A good rule of thumb is if you can sing while exercising, you're not working hard enough, and if you can't talk, you're working out too hard

3. If you are serious about working out and becoming more cardiovascularly fit, you may want to consider purchasing a heart monitor for accurate readings during your workout sessions.