



# FITNESS FOUNDATIONS

## Cardiovascular Fitness

Physical fitness starts with the heart. Why does anyone need a strong heart? The obvious reason is that it will last longer. The heart is a muscle just like every other muscle in the body, it gets stronger when it's used more. The best way to make the heart muscle stronger is through cardiovascular or aerobic exercise. When people exercise aerobically, the heart has to pump blood to the working muscles. Getting into better shape makes the heart work more efficiently, pumping more blood with each beat.

### These are some of the benefits of cardiovascular endurance:

- Makes your heart stronger and more effective (which helps prevent heart disease.)
- Increases endurance (so you can participate in sports and activities longer before tiring.)
- Reduces excess fat
- Tones your muscles
- Improves circulation
- Burns calories while exercising and, over time, adds muscle, which raises metabolism.

Heart Rate is the number of times your heart beats per minute. To take your heart rate, count your pulse for 6 seconds and then add a 0 to that number. Your resting heart rate is the number of beats per minute during relaxation. To determine this number, take your pulse for one full minute before you get out of bed in the morning. The working heart rate is the number of beats per minute while you exercise. Everyone has their own target heart rate range which is your safest most efficient level. Use this chart to figure out your range.

$$\begin{aligned} &220 \\ &-(\text{age}) \\ &=(\quad)\text{maximum heart rate} \end{aligned}$$

$$-(\quad)\text{resting heart rate}$$

$$\begin{aligned} &=(\quad) \\ &\times 60\% \text{ (or } 0.6) \end{aligned}$$

$$\begin{aligned} &=(\quad) \\ &+(\quad)\text{resting heart rate} \end{aligned}$$

$$\begin{aligned} &=(\quad)\text{ Low End of your} \\ &\text{Target Heart Rate Range} \end{aligned}$$

$$\begin{aligned} &220 \\ &-(\text{age}) \\ &=(\quad)\text{maximum heart rate} \end{aligned}$$

$$-(\quad)\text{resting heart rate}$$

$$\begin{aligned} &=(\quad) \\ &\times 85\% \text{ (or } 0.85) \end{aligned}$$

$$\begin{aligned} &=(\quad) \\ &+(\quad)\text{resting heart rate} \end{aligned}$$

$$\begin{aligned} &=(\quad)\text{High End of your} \\ &\text{Target Heart Rate Range} \end{aligned}$$