

## **Cardiovascular Training**

Tools for Life®

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## **Cardiovascular System**

- *Basic anatomy*
- *Increasing capacity*
  - MET's and how it applies to you and your aerobic equipment**
- *Women (30-39 yrs)*
  - <8            *poor*
  - 8-10          *fair*
  - 11-12        *avg*
  - 13-14        *good*
  - 15-16        *high*
  - 16+          *athlete*

### **Aerobic vs. anaerobic activity**

#### **Physiology (made easy!)**

- *Initial 5 minutes*
  - *warm up, increase circulation, core temperature*
- *5-20 minutes*
  - *burn extra calories, utilizing combination of carbohydrates, protein and fat*
- *20-60 minutes*
  - *body turns to fat for greatest source of energy*
- *60 + minutes*
  - *body is depleted; diminishing fat metabolism*

#### **Benefits of Aerobic exercise**

- *overall wellness*
- *energy*
- *muscle tone*
- *metabolic rate*
- *range of motion of joints*
- *strengthen skeletal system (weight bearing)*
  
- *body fat (yes!)*
- *reduced appetite*
- *health risks*
- *better sleep patterns*

### **F.I.T.T. Principle**

- **Frequency**
  - *ACSM guidelines*
    - *3 - 6 times per week*
- **Intensity**

- *working within your target heart rate*
    - $220 - \text{your age} = \text{max. heart rate}$  (.60 - .85)
- **Time**
  - *20 - 60 minutes*
- **Type**
  - *Large muscle groups*

### **Choosing your aerobic activity**

- *Important questions to ask yourself:*
  - *what is your current fitness level?*
  - *what are your interests?*
  - *do you like to be alone or with others*
  - *what is the intensity level of the activity?*

### **Goal Setting**

- *Set achievable and reasonable goals*
- *Set deadlines for achievement (and rewards!)*
- *Your initial goals should be definitely attainable, to ensure success (positive reinforcement)*
- *Variables to consider:*
  - *conflicts*

### **Tips for success**

- *use a partner as a motivator*
- *choose a person to be accountable to*
- *show your goals to others*
- *post your goals where you'll see them*
- *review your goals at scheduled review times*