You can also monitor exercise intensity through the use of perceived exertion. With perceived exertion you interpret various body sensations such as heart rate, muscle and joint sensations, breathing intensity, and body temperature, and subjectivity estimate your exercise intensity. A model that corresponds exercise heart rate with perceived exertion has been developed by Gunnar Borg, a Swedish physiologist. Notice that by adding a “0” to the numbers of the perceived exertion scale it correlates to your exercise heart rate intensity. This is a great way to learn to listen to your body and compare your results to your counted heart rate. An easy way to know if you are within your ideal aerobic exercise intensity is to perceptually monitor your breathing intensity. If you are aware of a deeper and more frequent breathing pattern but are not hyperventilating and can still talk to an exercise partner, you are probably exercising within the desired aerobic exercise intensity range.

### Rate of Perceived Exertion Scale*

<table>
<thead>
<tr>
<th></th>
<th>6</th>
<th>10</th>
<th>14</th>
<th>19</th>
<th>Very, very hard</th>
<th>7</th>
<th>11</th>
<th>15</th>
<th>20</th>
<th>Very, very light</th>
<th>Fairly light</th>
<th>Hard</th>
<th>8</th>
<th>12</th>
<th>17</th>
<th>Very hard</th>
<th>9</th>
<th>13</th>
<th>Somewhat hard</th>
<th>18</th>
</tr>
</thead>
</table>

*From Borg, G. “Perceived Exertion; A Note on History and Methods.” *Medicine and Science in Sports and Exercise* 5:90-93, 1983

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**Taking your pulse can be easy to do.....**

If you rest your index and middle fingers on the nodule of your throat and move it 2 inches to one side or the other, you should start to feel your heart beat and/or pulse. You can always take your pulse for 10 seconds and multiply it by 6 or for 30 seconds and multiply by 2 to get how many beats per minute. You can also just take your pulse for 60 seconds. When you take your “resting” heart rate the best time is first thing in the morning before getting out of bed.

All of the information in this brochure are only recommendation and suggestions. Always take the time to investigate information and research, it is continually being studied and proven.
What have we been told about fitness programs?
- Infomercials—so misleading. Designed to fail.
- Reality shows—you would have to be able to go away for 8 weeks.
- Fitness Gurus—Works for only 10% of the population.
- Friends—it works for me!!!!!!

Infomercials are to make money. The people you see on the commercials are doing this on a regular basis and have personal instruction. You won’t. The possibility of injury trying to imitate what they are doing is around 90%.

Reality shows allow someone to go to a ranch for a minimum of 8 weeks and you have a whole staff just for you. Those who can keep off the weight and maintain a fitness program is less than 25%.

Fitness Gurus are people who can convince you to buy their books and products. Not all formats that they practice work for the average person. It is usually geared to a more athletic type personality.

Friends are the worst enemy. Yes that is a strong statement but very true. You are not them and most of our friends who have successfully lived with a fitness program have been doing it for some time. They practice it as a “lifestyle” and if you are not there yet it can promote strain and injury which is not a positive re-enforcement.

How do we get started? Just start moving. Taking what you already do and add more time/intensity to it. Walking with the intent of getting somewhere, becoming healthier and more fit.

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### PERSONALIZED “TARGET HEART RATE” FORMULA

**FINDING YOUR PULSE:** After waking in the morning, and before rising out of bed, find your pulse with your index finger pressed gently at your carotid artery, (below the ear along the jaw) and count for an entire minute. Pulse monitoring at the wrist may be recommended because you can inadvertently press too hard on the neck and cause a slowing of the heart rate (with some people). **Monitor your heart rate before, after three to five minutes of aerobic exercise, and upon completion of an aerobic section. Keep moving while you take your exercise pulse.**

<table>
<thead>
<tr>
<th>Target Heart Rate Formula</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Constant:</strong> 220</td>
</tr>
<tr>
<td><strong>Your age:</strong></td>
</tr>
<tr>
<td>Subtract age from constant;</td>
</tr>
<tr>
<td>This equals estimated maximum heart rate:</td>
</tr>
<tr>
<td><strong>Your resting heart rate:</strong></td>
</tr>
<tr>
<td>Subtract resting heart rate from estimated maximum heart rate:</td>
</tr>
<tr>
<td><strong>Multiply by:</strong> 60% 85%</td>
</tr>
<tr>
<td><strong>Equals:</strong></td>
</tr>
<tr>
<td>Add resting heart rate:</td>
</tr>
<tr>
<td><strong>Equals exercise heart rate:</strong></td>
</tr>
<tr>
<td>Divide by 6 to find the count to monitor during class:</td>
</tr>
<tr>
<td>By exercising within these 2 levels you are in your <strong>TARGET HEART RATE</strong></td>
</tr>
</tbody>
</table>
Lunges—Standing with arms on hips move your one leg back as far as you can. Bend the front knee as you lift the back heel up. Hold that position for a count of 8 lift slowly. Now do the opposite side exactly the same (make sure you keep your knee over your ankle). Repeat 7 more times.

Squats—Standing with arms on hips move your hips back like you are trying to sit on a chair. Hold that position for a count of 8 pushing into your heels lift slowly (make sure you keep your knee over your ankle). Repeat 7 more times.

Simple basic exercise you can do anywhere and any time...
The American Council of Exercise (ACE) recommends doing your fitness program at least 3 times a week and for at least 30 minutes a day. You can always break the 30 minutes up to segments of 15 minutes twice a day or 10 minutes 3 times a day. The benefits are immediate. You can just start with cardio type workout or a strength workout one is not more important then the other. Each person will see what feels comfortable for their personality, that is the one you start with.

You need to stay with your fitness program for the rest of your life. So choosing what you like will make this possible. Yes it is good to try a class that you have never done before but you will know in the first two weeks it something you can or cannot adhere to. If not just go back to the tried and true. In the future if you want to experiment with other types of fitness always give yourself the opportunity. The urge maybe that you are bored with what you are doing and need to “pump” it up some. Then I would recommend doing other things you like to do, maybe introducing one of the activities in your past back into the future. If you keep it interesting it won’t feel like a chore. Working out should never feel like a chore or frustrating.

On days that seem difficult because your may not feel well or are tired you need to recognize the difference. If you are not feeling well (sick) you should take it easy. Your blood pressure can go up as much as 10 extra beats per minute so the American Council of Sports Medicine (ACSM) recommends not working out. If you are tired just do a light workout and go back to your norm the following day. If the tiredness seems to be reoccurring it could be do to boredom. Mix it a for a couple of days and things should feel energized again when you go back to the usual workout.
Matching your workout to your person.

We have a tendency to do what we see others doing.
This is so common. We feel that we have to start somewhere so looking at others who have made it work for them may not work for us. If a friend is into long distance running would you go as far as they do? Hopefully not they have trained to get there and friends who have made their workout plan a lifestyle habit took a long time to achieve. If you try to do what they do you will end up hurting yourself and getting sore then talking yourself out of doing it. Another disappointment. Always check with your doctor before starting a fitness program. Tell your doctor if you have any physical limitations. Simple is always best.

Look back at activities you use to enjoy. Maybe you liked a certain sport, dancing, bowling, playing badminton or just walking. Everything you use to do is still possible at whatever level you start at. We have so many types of classes and groups who have banded together for the sole goal of enjoyment. Research has proven that this is what will make it a lifestyle habit and commitment. What did you really enjoy? Now lets make it a passion of fitness.

You do not need equipment to workout with.
Just your body weight can become workout weight. Each exercise has 2 phases; first phase would be called concentric (contracted and shortened muscle) and eccentric (contracted but elongated muscle). You can go online and or YouTube and find exercise programs. Here is a website that I would prefer you order the catalog verses just looking over the website. http://www.collagevideo.com/main The catalog has more in all levels of workout videos. The one piece of equipment I would recommend would be an “exercise ball” like the picture up above. You can find them at any sports section. Try to find an anti-burst ball. They go on sale frequently at local stores. http://en.wikipedia.org/wiki/Gunnar_Peterson this is an intro to Gunnar Peterson. He has several DVD’s you can purchase online but the one thing I like about his is he focuses on “Core Strength”. He is easy to follow and has a modified level that I would recommend for those just beginning and progressing.

Do your knees scream at you, does your back nag at you, do your hips buckle when standing up or sitting down....?????

Do not ignore this when getting started. Only go to the level in an exercise where you don’t have this conversation with your body. Again what one does is not always what you should do. If you do purchase an exercise ball just sitting on it and can strengthen the core. The core is all the muscles [front, back and sides] that support your spine. Your goal is to have a strong core. A well balanced strength in all areas. You cannot spot tone or exercise. Think of it this way if the rope is frayed before and after the knot you put in to pull on what will happen? It will break because each side is weakened. So becomes the muscles and joint if we spot exercise or tone in areas we don’t balance the strength.

Simple basic exercise everyone can start doing...
Bicep Curl—Arms down along your side. Try to squeeze them in and as you count to 4 bring your hands up towards your shoulder bending at the elbow. As you lower down go even slower by counting to 8. Repeat at least 7 more times.

Tricep Push Backs–Arms down along your side. Try to squeeze them in and as you do push your arms and palms to the wall behind you until they can’t go back any further hold the count for 8 and release. Repeat 7 more times.

Overhead Shoulder Press—Bring your hands up to your shoulders now press up to the ceiling very slow count of 4 and coming down even slower at a count of 8. Repeat 7 more times

Lat Pull Down—Raise both hand up to the ceiling as far as you can. Pull them down to your chest, slow count of 4 pulling down and slow count of 8 pushing up. Repeat 7 more times

Chest Press—Your elbows are bent with your fingers up, but bring your elbows to shoulder height. Take and push into the middle with both elbows on a slow count of 4 and pushing back out a slow count of 8. Repeat 7 more times

Seated Torso Twist—While sitting on a chair, floor or exercise ball keep lower body stable (don’t let yourself move below your waist) turn the torso as far and comfortably as you can to the right and hold for 8 counts and repeat to the other direction. One set only.

Wall Push Ups—standing arms length away from the wall and your hands on the wall, bend your elbows to lower your chest to the wall. Do them as slow as you can. Try to pull your tummy tight, glutes and chest too. Repeat 7 more times