



Of Special Interest

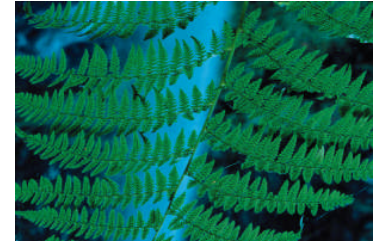
- Heart Health
 - Weight Loss
 - Cardiovascular
- [They Are Connected]

Always bear in mind that your own resolution to succeed is more important than any other one thing.

--Abraham Lincoln

There is nothing so useless as doing efficiently that which should not be done at all.

-- Peter F. Drucker



Only a Heartbeat Away

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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**Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.**

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Over 1000 copies circulating in 40 states and 14 countries abroad.

Cardiovascular Health

Grab your workout shoes and get going. Research now confirms it: Sustained aerobic exercise can give you a natural high.

Happiness Is All in Your Head

Researchers recently noted all sorts of endorphin activity when they studied the brain scans of people who'd gone for a 2-hour run. Their emotion - and mood - controlling brain regions were particularly saturated with the feel-good hormones. It is a good idea to raise your heart rate for a sustained period of time several times a week. Study the following chart:

Target Heart Rate Formula

Examples are for a 50-year-old (substitute your actual age)

$$220 - \text{Age} = \text{Maximum Heart Rate [BPM]}$$

$$220 - 50 = 170 \text{ BPM [Max HR]}$$

TRAINING ZONES & TARGET HEART RATES

1 - Healthy Heart Zone (Warm up) - 50 - 60% of max HR

Target for 50 year-old = 85 to 102 BPM

Good for beginners and as a warm up for serious walkers.

2 - Fitness Zone (Fat Burning) - 60 - 70% of max HR

More intense and burns more total calories

Target for 50 year-old = 102 to 120 BPM

3 - Aerobic Zone (Endurance Training) - 70 - 80% of max HR

Improves your cardiovascular and respiratory systems

Target for 50 year-old = 120 to 136 BPM

4 - Anaerobic Zone (Performance Training) - 80 - 90% of max HR

Improved VO2 max which fights fatigue and improves stamina

Target for 50 year-old = 136 to 153 BPM

5 - Red Line (Maximum Effort) - 90 - 100% of max HR

You should only train in this zone if you are in very good shape

and **have been cleared by a physician to do so.**

Target for 50 year-old = 153 to 170 BPM

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**Live Life – Live Well – Live Long.**

## You Owe It to Yourself

I have the complete target heart rate charts and shall be very happy to go over one with you at your request. It is very important for your health to have some activity that gets your juices flowing and increases your heart rate, especially now that the colder weather is upon us.

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You owe it to your self and well being to stay fit and healthy especially now that the cold and flu season is here.

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Several people have shown interest; so next issue we shall revisit acidosis and highlight some of the symptoms and how to combat this important health issue.

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Do your heart a favor – dump those lipids!

Share the Health

And in the end, it's not the years in your life that count. It's the life in your years.

--Abraham Lincoln

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Your next newsletter will be out in December.  
Let's stay healthy together.

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Live Life – Live Well – Live Long

Thank You for your continued support.

PASS THIS NEWSLETTER ON TO A FRIEND.

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ALL THE WORKOUT EQUIPMENT YOU'LL EVER NEED



HEAVY DUTY YOGA MAT
TWO ROLLED UP BATH TOWELS
ADJUSTABLE STRAP
3' LENGTH OF 5/8" NYLON ROPE KNOTTED EVERY TWO INCHES
LARGE DIGITAL TIMER
9" X 6" X 12" FOAM BLOCK X2
EGOSCUE TOWER
EGOSCUE ADJUSTABLE BENCH
6" X 6" X 12" BLOCKS X2
NIKE FREE SHOES
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[NOT PICTURED]  
STEP STOOL  
SLANT BOARD  
PEDOMETER  
HEART AND PULSE RATE METER  
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[OPTIONAL]
TREADMILL
4' TRAMPOLINE FOR RUNNING IN PLACE