



Aerobic Exercise

Aerobic exercise is activity that uses your large muscle groups, can be maintained continuously, and is rhythmic in nature. Aerobic exercise conditions the heart and lungs by increasing the oxygen available to the body and by helping the heart to use oxygen more efficiently. The American College of Sports Medicine (ACSM) recommends at least *30 minutes of aerobic exercise most days of the week*. If you are just beginning exercise, two to three 10 minute bouts of moderate intensity exercise during the day can be effective while you're working your way up to 30 minutes of continuous exercise. Examples of aerobic activities include: aerobic dance, walking, jumping rope, jogging, swimming, and cycling.

At what intensity should I exercise?

Aerobic exercise is maintained at between 60- 80% of your maximum heart rate. Above that, you start working anaerobically and tire faster. The talk test is one way to measure if you are working at a moderate intensity level: You should be able to carry on a light conversation. If you can't, you are working too hard.

How do I find my target aerobic heart rate? (See Chart Below)

1. Find your maximum heart rate: $220 - \text{age} = \text{Max HR}$
2. For a target of 60% (lower range): $\text{Max HR} \times 0.60 = \text{Lower target range HR}$
3. For a target of 80% (upper range): $\text{Max HR} \times 0.80 = \text{Upper target range HR}$

How do I check my pulse?

Stop exercising and place your first and middle finger on the palm side/thumb side of your wrist, or on your neck midway between your Adam's apple and your earlobe. Press lightly and count your pulse for 10 seconds.

10 sec pulse x 6 = beats per minute (bpm)

AGE	BEGINNER 60%-70%		INTERMEDIATE 70%-80%		ADVANCED 80%-90%	
	Beats/min	Beats/10 sec	Beats/min	Beats/10 sec	Beats/min	Beats/10 sec
up to 19	120 - 140	20 - 24	138 - 155	23 - 25	150 - 174	25 - 29
20 - 24	120 - 140	20 - 24	138 - 155	23 - 25	144 - 174	24 - 29
25 - 29	115 - 137	18 - 22	135 - 152	22 - 25	144 - 166	24 - 29
30 - 34	110 - 133	18 - 22	131 - 147	21 - 24	138 - 162	23 - 27
35 - 39	110 - 130	18 - 21	128 - 142	21 - 23	136 - 160	22 - 26
40 - 44	96 - 126	16 - 21	124 - 139	20 - 23	128 - 151	21 - 25
45 - 49	96 - 123	16 - 20	121 - 135	20 - 22	126 - 146	21 - 25
50 - 54	90 - 119	15 - 19	117 - 132	19 - 22	120 - 142	20 - 23
55 - 59	90 - 116	15 - 19	114 - 130	19 - 21	110 - 139	18 - 23
60 +	90 - 112	15 - 18	110 - 127	18 - 21	100 - 134	16 - 22

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*These figures should be used as a guideline. Before beginning any exercise program, consult your health care provider. Some medications limit heart rate response to exercise. A health care provider or exercise specialist can help determine the type of exercise, frequency and appropriate intensity for you.