TogetheriCan

16
April

"EAT" ACTIVITY

An important "Health Habit" when it comes to exercise is *tracking physical data that's going on in the body*.

That Being:

- 1. Heart Rate
- 2. Sleep Effectiveness

1. Heart Rate

It can be said that the increase in heart rate can be controlled by the large muscles in the body. This means that *you can do damage to the heart*, you can exceed the limits, by *overusing the big leg muscles*, if you are *not monitoring heart rate*!

Maximum Heart Rate: The maximum rate at which the heart will pump, no matter how much more you try and push it. The younger you are the higher will be the Maximum Heart Rate.

Red Zone: (*danger zone*) where the heart may start experiencing ischemia – lack of blood flow which reduces the amount of oxygen the heart is getting. (95% and up)

Anaerobic Zone: (*distress zone*) The muscles are working literally without oxygen. (85% to 95% of Max Heart Rate)

Aerobic Zone: (*performance zone*) The muscles are getting the oxygen they need to operate and function properly from a training perspective. (70% to 85% of Max. Heart Rate)

Fat Burning Zone: (*productive zone*) Low rate of exercise that allows time for the body to process fat as energy and does not use the glucose in the bloodstream. (50% to 70% of Max. Heart Rate)

Resting Heart Rate: (*sleep zone*) would be the average heart rate when the body is in a totally peaceful state. The more fit you are the lower your resting heart rate will be. Lance Armstrong was said to have a resting heart rate of 42.

For a beneficial exercise to take place, *the Aerobic Zone is the place to be*. This is the zone for building a stronger heart, which will need to beat less often. This zone will also condition the lungs and enhance the exchange of Co2 and O2 in the lungs.

2. Sleep Effectiveness

How efficient is your sleep?

How many times a night are you restless, or actually waking up?

You may have been in bed for 8 hours, but *you may have only gotten 7 hrs 10 min of sleep*. Tracking sleep patterns may give you insight into other aspects of your body and mind makeup.

Your sleep effectiveness will also affect your resting heart rate, as will your state of health. Catching a cold or the flu will cause the Resting Heart Rate to rise. It is best, that you become aware of the elevated resting heart rate, that you cut back your exercise program during that period.

I love the FitBit...

The new line of FitBit Activity Monitors (the FitBit Charge HR and FitBit Surge) will monitor your Heart Rate continuously, and monitor your sleep patterns, plus so much more ... Calories, Steps, Floors walked up, Time and Date, also has GPS for tracking your walks, which will determine your pace!

Michael McCright
Free Health Coaching – provided by the "Together i Can Group"
Togetherican.com
April 16, 2015