

What Cardiovascular Equipment Is Best For You?



CONSIDER:

- What are your fitness goals?
- What type of aerobic activity do you enjoy most?
- What are your current aerobic exercise options or habits?
- What type of space do you have available for equipment?
- Will you need or use programmable workout options, or will you typically maintain a constant intensity level?
- Would you like to have heart rate monitoring capability?
- Do you have any physical limitations, injuries, or concerns that may be improved or aggravated by specific activities?

Cardiovascular Fitness

Cardiovascular fitness is the cornerstone of any exercise program.

Aerobic workouts burn calories, reduce stress, and decrease your risk of heart disease.

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Understanding the FITT Principle

The American College of Sports Medicine recommends following the **FITT** principle to maintain cardiovascular fitness:

Frequency

Exercise 3 to 5 days each week.

As a general rule of thumb, exercising at lower intensities (such as brisk walking) should be done more often and for longer periods of time. Exercising at higher intensities (such as running) can be done less often and for shorter duration to achieve similar aerobic training benefits.

Intensity

50% to 85% of your maximal heart rate.

Researchers have determined the aerobic training zone as 50% to 85% of your Predicted Maximum Heart Rate (PMHR). The chart below gives you an idea of the aerobic ranges for certain benchmark ages.

Age	Predicted Maximum Heart Rate	BPM 50% PMHR	BPM 85% PMHR	Target HR Zone 10-Second Count
20	200	100	170	17-28
25	195	98	166	16-28
30	190	95	162	16-27
35	185	93	157	15-26
40	180	90	153	15-26
45	175	88	149	15-25
50	170	85	145	14-24
55	165	83	140	14-23
60	160	80	136	13-23
65	155	78	132	13-22
70	150	75	128	13-21

Locate your heart beat during aerobic activity and count the number of heart beats for 10 seconds. This will determine if you are exercising in your aerobic training zone. If you are exercising too strenuously, decrease the intensity; if you are not exercising strenuously enough and are up for the challenge, increase the intensity.

TARGET HEART RATE ZONE: $220 - \text{YOUR AGE} = \text{PMHR}$

LOWER END OF TARGET HEART RATE:
 $\text{PMHR} \times .50 = \text{BPM} \div 6 = \text{HR for 10 second count}$

UPPER END OF TARGET HEART RATE:
 $\text{PMHR} \times .85 = \text{BPM} \div 6 = \text{HR for 10 second count}$

Time

Maintain your exercise intensity for 20 to 60 minutes.

Although exercising as little as 10 minutes three times a day has proven to improve cardiovascular health, and continuing longer than 45 minutes can provide additional benefits in the form of increased endurance and calorie expenditure, 30 to 45 minutes generally offers the greatest return on time invested.



Type

Any aerobic activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature.

Choosing the aerobic activity that is best for you should be based on; your personal preference (what you enjoy doing), any physical limitations you may have, available space and equipment, current exercise options, and future fitness goals.

Although some forms of exercise and types of cardiovascular equipment may burn more calories than others, in the long run, results are driven by consistency of participation. Select activities that meet your specific needs and suit your lifestyle to get the most out of your workouts!

