

BLUE CHIP FIT NEWSLETTER #2

Maximize your Aerobic Training Sessions!

Hello and thank you for choosing Blue Chip Fit to assist you in your pursuit of health and fitness!

Numerous studies show that the benefits of strength training (a.k.a. lifting weights, resistance training, etc.) are very important and should be an essential part of any fitness program. Some of the wonderful benefits of this resistance work are: increased lean muscle tissue, elevated metabolism and calorie burn, a toned look and renewed energy. If you train at a proper (anaerobic) intensity level, mix up the type and order of your exercises and use proper form, you will see good results quickly, especially if you strength train 2 to 4 times a week.

Now, if your goal is to add a traditional aerobic component to your program and you want to burn the most calories and get in your best shape, these concepts are worth noting...

INCREASE YOUR INTENSITY LEVEL!

The best way to burn more calories through aerobic exercise is to increase your intensity level. If you are accustomed to exercising at a medium level of intensity (about 60% to 70% of your Heart Rate Maximum) try increasing your intensity level so that your heart rate and calorie burn rate go up for brief intervals. These short bursts will briefly push you into the upper levels (anaerobic) of your training zone. You'll burn more total calories, increase your total fitness level and enjoy the new challenge.

If you take a simple "talk-test" during these sessions, you want to briefly reach the point where your breathing keeps you from conversing steadily and easily. Or, think of a scale of 1 to 10 with ten being the most difficult and estimate your level of effort based on how you feel. If you are near a level of 8 or higher, you are near your anaerobic zone of training. Your personal estimate of 8 is considered to be your "perceived rate of exertion." Using the personal estimate this way is a fairly accurate way for you to determine approximately how hard your heart and muscles are working. At first, you might find it difficult to gage your level of work intensity using these methods but,

over time, your accuracy will improve.

DO VARIOUS TYPES OF EXERCISE!

Simply put: whether you are running, biking, playing a sport or walking, you will burn more total calories if you try to push yourself harder than you are used to. Remember, your heart doesn't know what type of exercise you are doing! Whether you are in-doors or outside, on a bike, jumping rope, rowing or playing a sport, your heart just responds to how intensely you are working.

There is not a right or wrong type of aerobic exercise. However, doing traditional "weight-bearing" exercises like walking, running and playing sports usually leads to higher heart rates. In these movements, all of your body weight is propelled along by your efforts. In contrast, participating in "non-weight-bearing" exercises like biking and swimming typically means you have to work harder to get your heart rate elevated because the weight of your body is somewhat neutralized by the water or bike.

Your challenge is to find different modes of exercise that keep you working hard and push your cardiovascular system and muscles in ways that they are not accustomed to. Training this way adds variety and difficulty while keeping your workouts interesting, fresh and fun.

TIMED INTERVALS

Timed "sprint" intervals and timed rest are a good way to boost your heart rate quickly. Please don't be intimidated by the word "sprint." At first, a "sprint" could be just slightly faster than your usual pace. Start with a 30 second sprint followed by 30 seconds of recovery (in which you walk or jog slower.) Repeat this about 5 times and see how it feels. If you use a heart rate monitor or estimate your rate of exertion using the scale of 1 to 10, you will get a fairly clear idea of your intensity level.

Gradually, the number of sprints may increase and then your "sprint" speed will also increase. Eventually, your sprint interval may move up to 45 seconds and then 1 minute.

Don't forget to keep the process gradual: as your intensity level goes up during your sessions, you might get a bit more tired. You might end up decreasing the total time spent training but still burn as many (or

more!) calories than the slower and steadier approach. Initially, a longer rest and recovery time might be needed until you adjust to the changes in your new and varied workouts.

If you have any questions please contact Blue Chip Fit at:

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