

3. The Gift of AEROBIC POWER

Optimum Heart Rates

180 – Your Age = Your Optimum Heart Rate for aerobic training, after 15 minutes of warm-up.

If you are recovering from a major illness or are on medication, subtract an additional 10 points.

If you have not exercised before, or have an injury or are gearing down in your training, or if you often get colds or flu or have allergies, subtract 5 points.

If you have been exercising for up to two years without any real problems, and have not had colds or flu more than once or twice per year, keep your score the same.

If you have been exercising for more than two years without any problems, while making progress in competition without injury, add 5 points.

Aerobic Training Heart Rate

Apply the following formula to determine your aerobic training heart rate. Your aerobic rate is 70% of maximum capacity.

$$180 - \text{Your Age} = \text{Aerobic Training Rate}$$

$$180 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

$$\text{Aerobic Training Rate} = \underline{\hspace{2cm}}$$

What are the benefits of aerobic training?

- Your LUNGS operate more efficiently.
 - Your blood VESSELS become enlarged, making them more pliable and reducing the resistance to blood flow.
 - Your BLOOD supply increases, especially the red blood cells and hemoglobin.
-
- Aerobic training makes healthier body TISSUES supplied with more oxygen.
 - It does wonders for your HEART.
 - It helps you eat better, DIGEST better, and ELIMINATE waste better.
 - It helps you SLEEP better.
 - It may even make you feel better mentally and emotionally!