

## **AN AEROBICS PROGRAM**

To get the benefits of aerobic exercise, you need to do it regularly — three to four times a week for at least 20 minutes each time. Your aerobics regime should include the following parts:

### **1. Warm-Up: 5 minutes**

Exercising cold muscles is dangerous. Before you begin, jog slowly or walk briskly to warm up your muscles and get blood flowing through them.

### **2. Stretching: 5 minutes**

As soon as your muscles are warm you need to stretch them. This prevents damage during exercise. Stretch slowly and gradually — until you feel the stretch but not to the point where it hurts. Hold each stretch for 30 seconds (don't bounce). You'll find you can stretch farther if you take a deep breath first.

### **3. Aerobic activity: 20 minutes**

Run, walk briskly, bike hard, etc. for 20 minutes.

### **4. Cool Down: 5 minutes**

Walk at a moderate pace for a few minutes to let your heart rate return to normal. Then do the same stretches you did earlier.

## **YOUR TARGET HEART RATE**

An important component of aerobic exercise is reaching your **target heart rate**. You know how your heart beat speeds up when you exercise? Your resting pulse may be 70 or 80 beats per minute, but when you run or jump or even walk briskly, your pulse speeds up to well over 100. That accelerated heart beat is the result of your

## **New Diet Discovery! Thinking Causes Weight Loss!**

Remember Bobby Fisher and his grueling exercise regime? In an ordinary six-hour chess game, Bobby (or any other chess professional) will lose four or five pounds. In a 12-game series, no matter how much they eat between games, they will lose at least 15 pounds. That's the effect intense thinking can have on your body. So next time someone tells you thinking isn't a physical activity, tell them they're wrong!