

## Young at Heart

*How to Preserve Your Health  
With Active Living (At Any Age!)*

Provided by IDEA Health & Fitness Association

**Are you 40 years old?  
60 years old? 80?**

Whatever your age, it does not have to stand in the way of living a healthy, active life. In fact, research has increasingly shown that the true secret to living “well” at any age is regular physical activity—and that exercise will improve your health whether you are nine years old or 90!

There was a time when aging was associated with “taking it easy.” Today, we know that taking it too easy can be dangerous—especially when you are over 40. Increasing years bring increased risk for a variety of diseases, including hypertension, heart disease and diabetes. One of the best things you can do to protect yourself and preserve a high quality of life is to get moving, and stay active for the rest of your life.

Remember if you used to be physically active, now is the time to get back in the habit. If you’ve never been active, it’s never too late to start!

Helping you get and stay active is what IDEA is all about. As the source for reliable quality health and fitness information, our mission is to help people live longer, healthier and happier lives through regular activity and healthy lifestyle habits.

### **Staying Active, Staying Young**

Is physical activity the “fountain of youth”? It may be as close to it as we can get! Experts agree that there are few things in life that can bring as many health-preserving benefits as regular physical. In fact, many of the health problems we think of as “inevitable” effects of “aging” may actually be due to inactivity and disuse.

A good example is the weight gain many men and women

experience with age.

Much of this gain is actually due to loss of muscle and a decrease in metabolism, according to physiologist Ralph La Forge, MS. However, both muscle loss and a slowing metabolism can be counteracted with exercise! Some experts believe that as much as 70% of the weight gain associated with aging is due to sedentary living—and can be avoided with regular activity.

### **Forget “No Pain, No Gain”**

The days when physical activity meant physical punishment are gone. As IDEA fitness professional Kate Larsen says, today’s exercise motto is “Not fun, not done!” What’s important is that you find activities you enjoy and feel comfortable doing, whether it’s walking, tennis, dancing, hiking, gardening or playing with children and grandchildren (now that will keep you active!).

Researchers have found that it does not take a great deal of exercise to reap a great deal of

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## Be good to your heart this Valentine’s Day!

## Be sure to check out our Yoga & Pilates Classes

**Your first  
class is FREE!  
8 classes for  
\$88 or  
\$15 drop-in**

No membership fees, you only pay for the sessions that you need, based on your specific goals.

Trainers providing programs to help you reach your goals!

**The Movement Studio**  
at JK Personal Training LLC  
brings you...

# SALSA!



**Join Kimberly on Fridays at 7:00 pm**  
Valentine Special \$10 per person per class  
through February (Reg. \$15)

Register at [info@jkpersonaltraining.com](mailto:info@jkpersonaltraining.com) or 425-402-8943 • Drop-ins welcome!

## BOOT CAMP BY JENN

**NO EXCUSES!  
NO WHINING!  
GET IN SHAPE!**



**Wednesdays 5:30 am  
& Fridays 7:00 am**

**\$16.50 per class**

**Sign up today!**



Jenn



Kerry

**JK Personal Training LLC**

13300 NE 175th St., Suite 2  
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**425-402-8943**

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February 2007

## Upcoming Events

### 20th Annual Big Climb for Leukemia

Sunday, March 18, 2007  
at the Columbia Center  
in downtown Seattle. The  
69-flight course includes  
1,311 steps, 19 steps per  
flight and 788 feet of  
vertical elevation.

www.leukemia-lymphoma.org  
Register at Active.com

### Road Runner Sports Love 'em or Leave 'em Valentine's Day Dash 5K Run/Walk

Sunday, February 11, 2007  
9:30 AM  
Green Lake Park, 7201 East  
Green Lake Drive N, Seattle  
Register at Active.com

#### Disclaimer

Fitness and health information presented on these pages is intended as an educational resource and is not intended as a substitute for proper medical advice. Consult your physician or health care professional before performing any of the exercises described on these pages or any exercise technique or regimen, particularly if you are pregnant or nursing, or if you are elderly or have chronic or recurring medical conditions. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

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benefits. See the table below for more details. For example, to offset the weight gain typically associated with menopause, the average woman only needs to walk about approximately 10 miles and strength train for two 20-minute sessions each week.

Beginning even the most basic activity program can bring significant health benefits, including lowered risk of heart disease and hypertension. The American College of Sports Medicine recommends that you accumulate as little as 30 minutes of activity a day most days of the week. And these

can be split up into two or even three separate sessions—a 15-minute walk with the dog and a 15-minute stride at the mall are as good as 30 minutes of continuous exercise!

#### It's All About How You Feel...

Research has shown that physical activity does much more than strengthen your heart and build your bones—it improves how you feel about yourself and your life. Regular exercise can renew your energy, improve your outlook, and help you sleep better and combat anxiety and depression. And that's important, because research also shows that the better you feel about yourself

and the more effectively you manage stress, the better your overall health is likely to be.

#### ...And How You Live

The price of not being physically active is a high one. As you gradually lose flexibility, endurance, strength, balance, coordination and your ability to move easily and comfortably, your life can be altered dramatically. Climbing stairs, hauling groceries, traveling and enjoying activities with your friends and family can all become more difficult or even impossible. Your attitude and ability to "roll" with life's ups and downs (both physically and mentally) can be negatively affected by sedentary living.

## Products we like:

### Heart Rate Monitors:



### At Home Fitness Equipment:



**Shoes: Get a proper fitting at places like  
Super Jock n Jill, Everyday Athlete or Footzone**

## MOVEMENT STUDIO CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 pm Danielle Pilates	8:30 am Paula Yoga	9:30 am Danielle Pilates	5:30 am Jenn Boot Camp  8:30 am Paula Yoga	9:30 am Danielle Pilates	7:00 am Jenn Boot Camp  8:30 am Paula Yoga  7:00 pm Kimberly Beginner Salsa Dancing	Yoga Coming Soon!

# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## MONITORING EXERCISE INTENSITY USING HEART RATE

### WHY MONITOR YOUR HEART RATE?

You're huffing and puffing through another aerobic workout, wondering if you're really doing yourself any good. Are you working too hard or not hard enough? You look around. The person next to you has barely broken a sweat while the one in front is drenched from head to toe. Well, sweat may not be the best indicator of exercise intensity. For that, we need to look to our hearts.

Heart rates, to be exact. When you exercise, your heart beats faster to meet the demand for more blood and oxygen by the muscles of the body. The more intense the activity, the faster your heart will beat. Therefore, monitoring your heart rate during exercise can be an excellent way to monitor exercise intensity.

For the majority of aerobic enthusiasts, there is a range of exercise intensities that is described as safe and effective for promoting cardiovascular benefits. To determine what range is best for you, you'll need to be familiar with a few terms.

**1 Maximal Heart Rate:** This number is related to your age. As we grow older, our hearts start to beat a little more slowly. To estimate your maximal heart rate, simply subtract your age from the number 220.

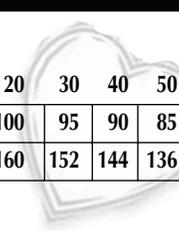
**2 Target Heart-Rate Zone:** This is the number of beats per minute (bpm) at which your heart should be beating during aerobic exercise. For most healthy individuals, this range is 50 percent to 80 percent of your maximal heart rate.

So, if your maximal heart rate is 180 bpm, the low end of the range (50 percent) would be 90 bpm, and the high end of the range (80 percent) would be 144 bpm. (Use the chart to determine your own target heart-rate zone.)

### WHAT DOES THIS RECOMMENDED HEART-RATE RANGE MEAN?

Now that you've determined your target heart-rate zone, you need to know how to put that information to good use. These numbers serve as a guideline — an indicator of how hard you should be exercising. Those just beginning an aerobic program should probably aim for the

#### CALCULATE YOUR HEART RATE BY AGE



Age:	20	30	40	50	60	70
50%	100	95	90	85	80	75
80%	160	152	144	136	128	120

low end of the zone and pick up the intensity as they become more comfortable with their workouts. Those who are more fit, or are training for competitive events, may want to aim for the higher end of the zone. Keep in mind that the target heart-rate zone is recommended for individuals *without any health problems*. Additionally, individuals taking medication that alter the heart rate should consult their physician for recommended exercise intensity.

### WHERE TO MONITOR?

There are a number of "sites" used to monitor the pulse rate. Two convenient sites to use are the radial pulse at the base of the thumb of either hand, or the carotid pulse at the side of the neck. Accurate pulse-count assessment is crucial when monitoring exercise intensity. By using the first two fingers of one hand and locating the artery, a pulse rate can be easily determined.

Immediately after exercise, isolate your pulse and count the number of beats in a 10-second period. To determine the heart rate in beats per minute, multiply the number of beats per 10 seconds by six. For instance, if a 10-second pulse count were 20, then the heart rate would be 120 bpm.

### A FINAL WORD ABOUT HEART-RATE MONITORING

Remember, your estimated target heart-rate zone is just that — an estimate. If you feel like you are exercising too hard, you probably are. The best advice is to reduce your intensity and find a heart-rate range that works for you.

#### Compliments of:



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