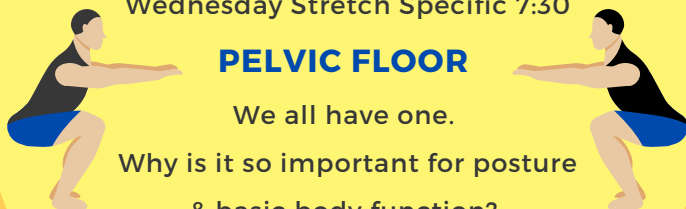


# BE FIT BE USEFUL

THE OFFICIAL FIT2BUSEFUL NEWSLETTER

## January Focus

Wednesday Stretch Specific 7:30



### PELVIC FLOOR

We all have one.

Why is it so important for posture  
& basic body function?

## Heart Rate Zones

by Chris Travers, MS - Exercise physiologist

<https://cle.clinic/3TyLMWv>

### What are exercise heart rate zones?

Heart rate zones are a measure of the percentage of your maximum heart rate or heartbeats per minute. It is found that if one exercises too close to one's maximum HR (Mhr) your heart and body will struggle to keep up with the demands.

"The goal of heart rate zones is to make you the most efficient, but to allow you to challenge yourself to improve cardiovascular fitness," says Travers.

Exercise heart rate zones are the training levels based on your maximum heart rate. As you increase your pace, cadence and workload, you increase the demands on your heart. Travers breaks it down:

- **Lower-intensity zone:** You're exercising at 50% to 60% of your max heart rate. At this point, 85% of the calories you burn are fat. The downside? You're burning fewer calories overall than you would if you were exercising at a higher intensity. You're generally able to sustain this zone the longest amount of time.
- **Temperate zone:** You're exercising at 60% to 70% of your max heart rate. Roughly 65% of the calories you burn are fat.
- **Aerobic zone:** Working at 70% to 80% of your max heart rate puts you in the aerobic zone. About 45% of the calories you burn are fat. But you're burning a higher number of overall calories compared to the other heart rate zones  
You generally sustain this zone the shortest amount of time.

Why do you burn less fat the harder you work out?

Travers explains, "Once your heart rate increases, you're not taking in as much oxygen. You can't oxidize fat fast enough. Your body turns to another, more readily



### Maximum and target heart rates:

| Age (Years Old) | Target Heart Rate Zone, 50-85% | Average Maximum Heart Rate, 100% |
|-----------------|--------------------------------|----------------------------------|
| 20              | 100-170 bpm                    | 200 bpm                          |
| 30              | 95-162 bpm                     | 190 bpm                          |
| 35              | 93-157 bpm                     | 185 bpm                          |
| 40              | 90-153 bpm                     | 180 bpm                          |
| 45              | 88-149 bpm                     | 175 bpm                          |
| 50              | 85-145 bpm                     | 170 bpm                          |
| 55              | 83-140 bpm                     | 165 bpm                          |
| 60              | 80-136 bpm                     | 160 bpm                          |
| 65              | 78-132 bpm                     | 155 bpm                          |
| 70              | 75-128 bpm                     | 150 bpm                          |

Cleveland Clinic

Source: American Heart Association

available energy source to provide fuel for you — glycogen, also known as carbohydrates."

### How do heart rates affect workouts?

Heart rate zones let you know how hard your heart is working and what energy source you're using — carbohydrates or fat. The higher your heart rate gets, the more you're relying on glycogen from carbohydrates for fuel.

"For endurance athletes, it's best to exercise in the zones that mostly rely on fat for fuel," says Travers. "Fat is a longer-lasting energy source and better for longer, intense workouts."

### REMEMBER!

If you haven't been active before, then cardiovascular exercise will help with weight loss in the beginning. But at some point, you'll become aerobically fit," Travers notes. "Then you won't use as much energy (calories) to complete the same amount of exercise, so you'll stop seeing significant weight loss."

Does the average person need to track their heart rate? "If you have heart disease, it's important to learn target heart rates and monitor them as you exercise. For everyone else, the talk test works just fine," says Travers. "Can you talk and carry on a conversation when you're exercising? Then you're in a heart-healthy, moderately easy zone. Don't stress about the numbers."

What matters most is that you make an effort to move more. Any exercise, for any length of time, will improve fitness. If tracking your heart rate makes you happy, then go for it. But if heart rate calculations become a stumbling block, forget about it.

**Your journey to becoming stronger and healthier is too important to let anything get in the way.**

# Quotes to live by, to aspire to, to dream about ...

Every so often some quote or words of wisdom catch our eye and make us think. We have asked a few of our Ubuntu family to share. Charlie contributed this:

## 1) Live Simply Love Generously Care Deeply Speak Kindly.

This quote spoke to me. I think I was about to retire 20 years ago and I thought it was something I should try to do more of. Not that I am good at any of these but felt it was something that I should strive to improve. I think I have gotten better but still need a lot of improvement.

## 2) The arc of the moral universe is long, but it bends toward justice.

There is an MLK quote I believe, I felt that it helped me to understand and grapple with the politics of the last 6 years. You need to believe that things will turn out for the best eventually. Maybe not this year or next but eventually things work its way to being just.

What I like about Doods' classes, NOTHING during the class. They are hard at times and I have to get out of bed early. But I like the results, it gets me up and going for the day. I get to see the same people that I knew at the Y AND for some reason I am in better shape. Very similar to when I played sports in High School and college. I never liked the weight training and conditioning but I knew I played better because of it.

My goal for 2022 was to try to improve my balance. I have worked hard at this. My left side seems to be getting much worse. So I have worked harder on my left ankle mainly since it seems to be weaker (broke my ankle in wrestling) as I get older. I see some improvement. A lot of the balancing we are doing in class has helped but also shown me I have further to go.



## What are we listening to?

**"You find the most honest version of yourself in complete exhaustion."**

Ross Edgley



Ross Edgley - a gentle, beautiful beast of a man who recently became the very person to swim the entire

circumference of Great Britain without once stepping on land. It's a journey that took him 1,792 miles over 157 days, eclipsing several world records in the process - including the world's longest staged sea swim.

Meet the real Aquaman.

Here is the podcast: <https://bit.ly/2QgAzNA>



## New Year, New YOU

by [Cecilia Kremer, Empathy Coach, PhD](#)

What if instead of asking: What are my goals for 2023?  
You asked first: Who do I want to be next?

As a coach, I know the second question will lead you into a reflection that will uncover what is truly meaningful to you. It calls for a deeper self-connection, a visualization of yourself & your journey ahead - a longer term aspiration. For instance, instead of saying: "my goal is to lift X amount of weight"; you visualize your future YOU and state: "I am strong".

While profound, it's OK not to take your reflection so seriously that you end up lost in trying to find an answer. See what comes up, and remember you can always change direction down the road. It's your path anyway.

Let your visualization be the fertile soil from which goals spring up. These will be not just any goals, but truly significant ones - anchored on the next version of yourself. The advantage of this process is that it gives you flexibility to change goals if the ones you pick first don't work out. After all, there are many things one can do on the path of becoming stronger.

Find your dream and create goals based on that. If your goals are achieved, that's great! If not, you can change your goal and yet stick to your dream and to yourself. So: **Who do you want to be next?**

**Let your dream be the driver of your goals**