

Week 10: MAXIMIZE YOUR WORKOUT

Step it up! Walking is one exercise that allows you to mix things up. When you can complete your routine with ease, consider making it more of a challenge to encourage yourself to keep moving. Be sure to keep variety in mind to ensure that your walking routine does not become a drag.

Tips to help you maximize your workout:

1. WALK FOR LONGER PERIODS OF TIME. This doesn't have to be much, instead add three to five minutes to each walk.
2. INCREASE YOUR WALKING SPEED. Walking faster require more of an effort and will even burn some extra calories.
3. INCREASE THE NUMBER STEPS WALKED PER WEEK. This will put your out of your comfort zone and require you to work harder, which will in turn provide you will greater rewards.
4. CHANGE THE TERRAIN. Instead of walking on pavement or a track, try walking on the grass, nature trails, or even sand. Also don't be afraid to take a hike to one of the near by state parks. Select a walking path that includes hills. The extra resistance will help strengthen your leg muscles and build endurance.

Walking does not only benefit you physically, it benefits your entire self. HERE ARE SOME REASONS WHY YOU SHOULD MAXIMIZE YOUR WORKOUT:

1. Improved quality of health
2. Improved sleep quality
3. Reduced stress levels
4. Strengthened muscles, bones, and joints
5. Improved mood and sense of wellbeing

Target Heart Rate:

According to the American Heart Association, Target heart rates let you measure your initial fitness level and monitor your progress in a fitness program. This approach requires measuring your pulse periodically as you exercise and staying within 50 to 85 percent of your maximum heart rate (50% if new to exercise or less fit, 85% if an experienced exerciser & more fit). This range is called your **target heart rate**.

An easy way to calculate your target heart rate with a simple method:

- ✦ Subtract your age from 220 to calculate your maximum heart rate.
- ✦ Ex. Age: 30
 - $220 - 30 = 190$
 - 50%: $190 \times .50 = 95$
 - 85%: $190 \times .85 = 162$
 - If you were 30 years old, you would want your target heart rate to be between 95 and 163 beats per minute while exercising.

For more information about target heart rate and how to measure your pulse visit:

http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_38.pdf

NEXT WALKING GROUP MEETS

11/24 12:30pm

@the Student Center
(Moore Field house during inclement weather)

Make sure to dress for the cooler temperatures that are here!



CHALLENGE

Google the phrase
'Rate of Perceived Exertion'

Find out how to measure your intensity level without even measuring a target heart rate. You'll be able to measure whether you are working out too hard or not hard enough.

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