

Health Topic of the Month - June 2011

Cardiovascular Training

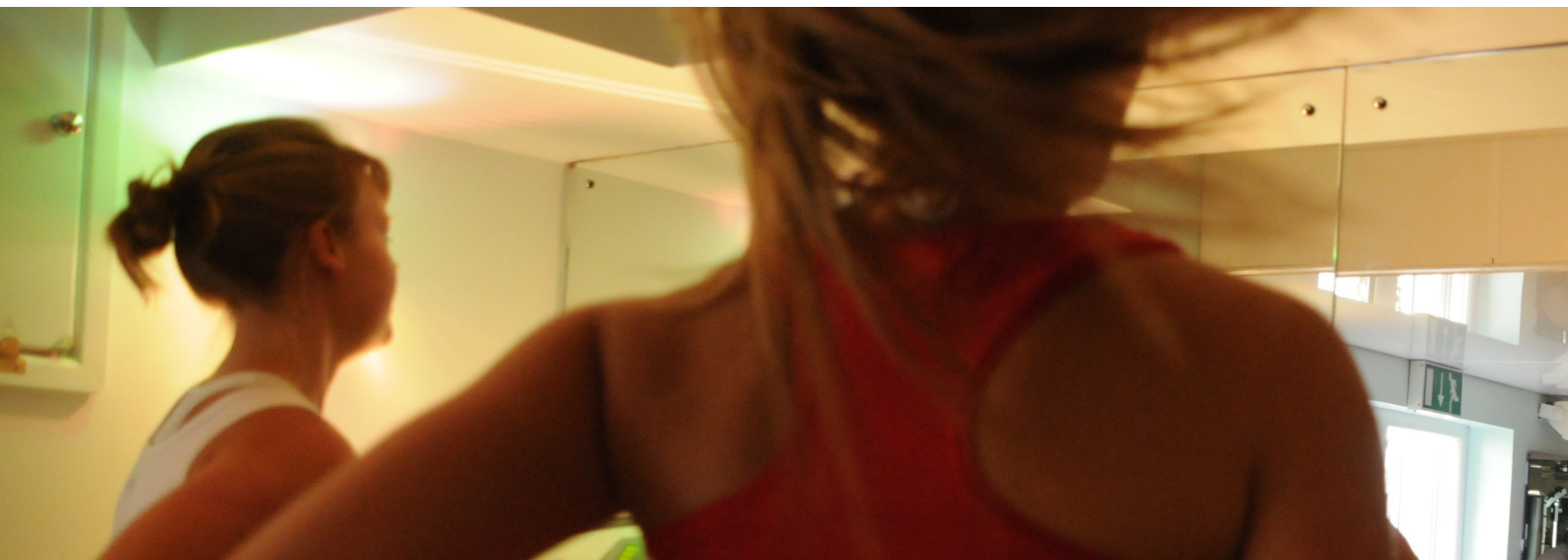
INTRO

30 minutes of a Cardiovascular (where you are out of breath) exercise 5 times per week. That's what the scientists at the American College of Sports Medicine (ACSM) recommend we should do in order to keep our heart and lungs healthy.

The question is.... Are you doing enough???

Some of you may think you're doing enough and you're not, and some of you are doing it without even knowing!

Your 30 minutes can be anything from a brisk walk with the dog, a walk to and from work everyday right up to a 30 minute 3 mile run or bike 5 times a week.



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Benefits:

Cardiovascular exercise makes you look and feel great it can:

- Leave you feeling invigorated and energised
- Increase blood flow to all the vital organs
- Reduce the build up of cholesterol and other fats in the arteries
- Expands your natural lung capacity
- Reduces your resting heart rate
- Lowers blood pressure
- Reduces the chance of getting coronary heart disease by a staggering 70%
- So why not get that heart pumping, get out of breath and feel the benefits of a post aerobic endorphin release!!!

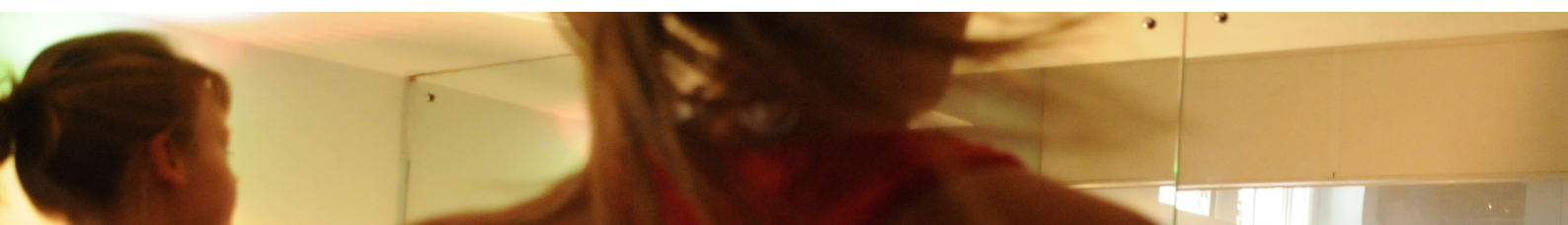
Guys – Get Ripped!

A regular programme of Cardio training helps to provide you with lean muscle mass, giving you a defined and 'ripped' look!

Girls – Stay Toned!

Enjoy that slim look with regular Cardio training and get that bikini body ready to hit the beach this summer!

Try not to sacrifice cardiovascular exercise for weight training alone, all you weight trainers and body sculpters still need to do cardio to keep your heart healthy and strong!!! ☺



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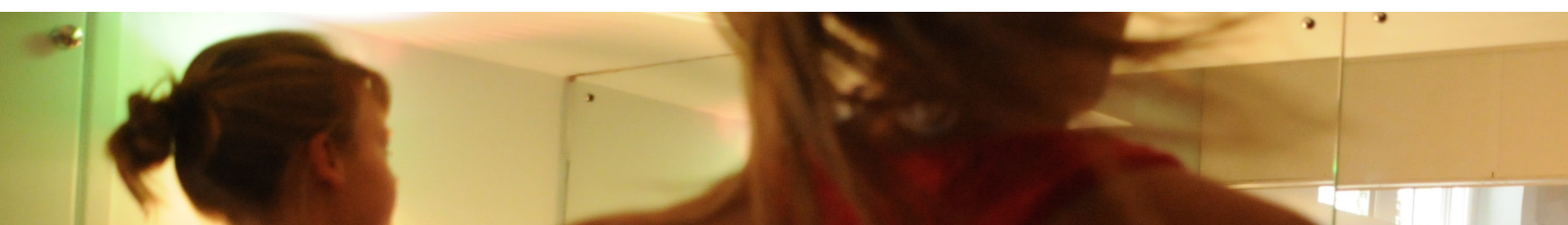
Keep it exciting:

As trainers we know it can be difficult to stay motivated to do cardiovascular stuff...because it so so hard!!! It takes real self discipline and determination to keep going when your body and mind are screaming STOP!!!

So if you'd like that extra bit of help see the spa reception and they'll book you in for a re-induction with Tom, Ben or Katrina and they'll give you that extra bit of encouragement to keep going!

Alternatively if you don't need an instructor and you just want some fresh ideas try some of these:

- **Interval training** - Alternating high intensity speeds with lower recovery speeds is great for increasing fitness, burning fat, increasing overall VO2 Max and it really helps to kick start the metabolism, so it's ideal for people recently returning to exercise after a long time off. By running, biking, rowing or cross training really fast for a few minutes then slowing down to a jog pace (rather than stopping and walking) means that you push your body to recover while you are jogging, this have massive cardiovascular benefits and will really help people in a sport where you have to start/stop all the time and it help reduce your overall distance times by training in two different heart rate zones.
We Love interval training!!!
- **Sprint training** - Short bursts between 10 – 45 seconds per time will give you that powerful edge in sports such as football, martial arts, tennis and rugby.
- **Pyramid and reverse pyramid training** - This method of training means to gradually increase the intensity every minute, by the same amount, until you feel yourself working really hard, then you come back down – a little bit like a pyramid!
- **Overload** – if you are training for a certain cardio based race or event within a certain event you can try and overload your training by doing a mile or two further than your actual distance – this will help you be faster and stronger on the day. Especially if there are more hills than you expected!!



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Watch out for the 'Fat Burner Zone'...

The idea of a 'Fat Burner Zone' (50 – 60% of your max heart rate) is that if you work at a slower rate your body will burn fat quicker, this is misleading and some sports scientists are contesting the fact. We believe that it's true that there is a heart rate zone where your body burns a larger percentage of the total calories from fat; however unless you are doing cardiovascular exercise for at least 35 minutes you won't have burnt your fat

Remember to always use the FITT training principles!

- Frequency
- Intensity
- Time
- Type

When exercising or training, it is important to keep mixing it up, the body's clever it will adapt quickly to the same workouts and get stale so keep it guessing.....

Every week try and change one of the above mentioned aspects of your training.

The important bit.... In today's society, with more preventable diseases than ever, it is becoming more important than ever to take responsibility for our own health and wellbeing. In exercise terms, this starts with cardiovascular training – look after your heart and lungs and in return they will look after you!

