



**Watch for news of our next**

**OPEN HOUSE**

**Coming**

**Saturday,**

**May 16th, '09**

**The Fitness Zone Community Newsletter** [www.njg-fitnesszone.com](http://www.njg-fitnesszone.com)

## Importance of 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 at 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. To determine what range of exercise intensity is best for you need to become 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% to 80% of your maximal heart rate. So, if your maximal heart rate is 180 bpm, the low end of the range (50%) would be 90bpm, and the high end of the range (80%) would be 144bpm.

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. Two convenient places to monitor the pulse rate are the radial pulse (at the base of the thumb), or the carotid pulse (at the side of the neck). Immediately after exercise, isolate your pulse and count the number of beats in a 10-second period. To determine 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.

**Volume 6  
April**

**April, 2009**

### Business Hours:

**Monday/Friday**

**5am to 10pm**

**Sat/Sunday**

**7am to 4pm**

### Kid Zone Hours:

**Monday/Friday**

**8:30am to 12:00pm**

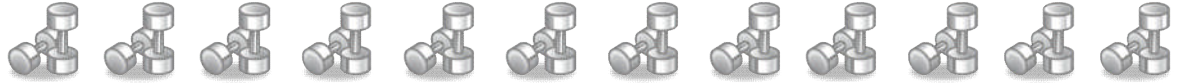
**4:00am to 8:00pm**

**Saturday**

**8:30am to 12pm**

**Sunday**

**9am to 12pm**



## Personal Training Department News

The Personal Training Department is excited to announce the beginning of **GROUP TRAINING SESSIONS**

For only \$25 a session you can experience Personal Training with your fellow members! **Grab your friends and get an energetic, purposeful workout!**

What a valuable way to attain your fitness goals!

Current available sessions are...

Mondays—10:30am

Tuesdays—10:30am

Wednesdays—6:00pm

Fridays—6:00pm

**Come as you please or sign up at the Front Desk to secure your spot!!!**

For extra savings, purchase our 5 pack session for only \$100

(Restrictions apply)



### **WAKE UP!**

Do you need that extra push in the morning or after a long day of work to get you to the gym?

### **WE CAN HELP!**

We can give you that encouraging and motivating reminder call! Sign up for our new, **FREE Wake Up Call Program** and **we will call you at any time you request during our business hours to get you here! Sign up at the front desk for this new great service!**



### Remy's Question and Answer Corner

**Q:** I have been working out for some time, but find myself stopping and then starting again. How does one stay motivated to keep working out?

**A:** Never make 2 workouts alike. Continue to change your workouts to keep things fresh. Try a group exercise class or be innovative with different exercises/cardio. Try purchasing a few personal training sessions with one of our talented personal trainers to help give your work out a boost!

**Q:** Should I be warming up before I exercise and if so what should I be doing?

**A:** Yes, start off with a moderate walk on the treadmill for 10 minutes.

**Q:** What is the importance of eating every 3 hours and what types of food should be eaten?

**A:** A high protein/low carbohydrate diet should be the basis of a daily meal plan. Percentages vary on amount of protein, carbohydrates and fat based on your individual fitness goals. Eating every 3 hours increases your metabolism by training your body to know it's going to be given nutrients every 3 hours, and in turn your metabolism is increasing.

**Q:** I have just started working out and am only using the cardio room, the weight room scares me as I have no idea what to do in there. Do you have any suggestions?

**A:** Do not be intimidated by the weight room because incorporating weights into your routine will maximize your weight loss efforts. You can schedule a personal training session or ask a floor trainer any questions you may have on how to use any of the equipment in the gym or on how to get started. They are very knowledgeable and are always there to help you get the best workout possible!

**Q:** What should I eat pre and post workout?

**A:** Do not eat anything within an hour of starting your workout. Post workout, you should be



## The Pro Shop



- ◆ This month we are promoting **HEART RATE MONITORS**. We have the best prices around and have two models for sale. 1) The FS1 we have priced at \$45.00 and 2) the F6 at \$99.95. The F6 comes in both the male and female models. When you purchase a **Heart Rate Monitor** from us, we offer you a 1/2 hour training session for you to get the most benefits from your watches. This is given by a Personal Trainer and we can book your appointments at the Front Desk. There is a lot of information available at the Front Desk and beside the display in the weight room regarding the benefits of **Heart Rate Monitors**. Our staff here at Fitness Zone are wearing their own **Heart Rate Monitors**, stop and ask them what they think of theirs! These great prices are available in February and March, so come and get yours TODAY!
- ◆ We are now selling **SUPPLEMENTS** in the Pro Shop. Come see our new supply! Remy is an expert regarding supplements and will give you any advice that you may need.
- ◆ Remember that you can always put items on your account so don't worry if you forgot your wallet. You can have a water on your way in and a protein shake or bar on your way out!

### HELP ASHLEY!

Ashley Shaffer, a fellow member and staffer at Fitness Zone, and now Miss Columbus Day 2009, NEEDS YOUR HELP.....

HELP ASHLEY help the children and pursue her dream of becoming Miss America!

This year the Miss America Organization has teamed up with the Children's Miracle Network to help kids in OUR community. The money she raises goes directly to aiding children in the Children's Miracle Network, as well as providing scholarship money for young girls!

In doing so, Ashley will have a chance to win a \$2,000 scholarship!

There will be opportunities to donate in the coming weeks, at Fitness Zone or through Ashley's website. **WATCH FOR POSTERS FOR INFORMATION!**

## A Tasty Healthy Recipe

### Ingredients

#### *No Flour, No Sugar Muffins*

Makes: 1 Dozen

2 cups dry oatmeal

1 1/2 teaspoon cinnamon

Nutmeg to taste

3 Packets artificial sweetener (optional)

2 teaspoons baking powder

1/2 teaspoon salt (optional)

2 tablespoons chopped almonds (or more/less is ok)

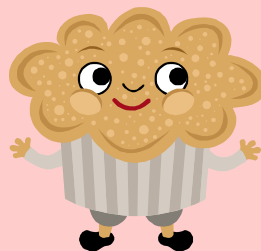
4 tablespoons raisins (or more/less is ok)

1/2 cup applesauce

1 tablespoon oil

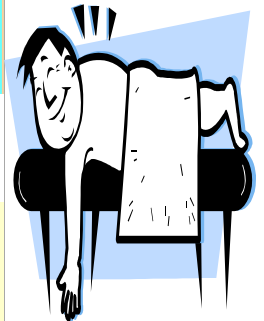
### Preparation:

1. Preheat oven to 425 degrees.
2. Mix all ingredients.
3. Grease muffin pans well.
4. Bake at 425 degrees for 12-15 minutes.
5. As soon as they come out of oven, gently loosen the sides of the muffins, use fork to ease them out of the tin.



### Hint:

Make a couple batches and freeze them. In the morning, take one out and microwave it. Enjoy for a delicious and nutritious breakfast!



# Heart Rate Training Zones

## Fitness Zone

440 Route 130  
East Windsor, NJ 08520

Phone: 609-426-0700  
Fax: 609-426-0143  
Email: ContactUs@njg-fitnesszone.com

**“Fitness—If it came in a bottle, everyone would have a great body.”**

- Cher

**DON'T LET YOUR SUMMER TAN FADE AWAY!**

Come and check out our "SUN DOME". A unique stand-up bed that is a quick 10 minute, no contact tanning session.

We have a variety of packages and lotions to offer.

Heart rate training zones are calculated by taking into consideration your **Maximum Heart Rate (MHR)** and your **Resting Heart Rate (RHR)**. Within each training zone, subtle physiological effects take place to enhance your **fitness**.

**Maximum Heart Rate (MHR) =  $217 - (\text{age} \times 0.85)$**  \*note: your MHR can only truly be determined by a stress test

**Resting Heart Rate (RHR) =** After 20 minutes of lying down and relaxing, take your heart rate at your radial or carotid pulse point (beats/minute).

**The Energy Efficient or Recovery Zone - 60% to 70%**

Training within this zone develops basic **endurance** and aerobic capacity. All easy recovery running should be completed at a maximum of 70%. Another advantage to running in this zone is that while you are happily **fat burning** you may lose weight and you will be allowing your muscles to re-energize with glycogen, which has been expended during those faster paced workouts.

**The Aerobic Zone - 70% to 80%**

Training in this zone will develop your **cardiovascular system**. The body's ability to transport oxygen to, and carbon dioxide away from, the working muscles can be developed and improved. As you become fitter and stronger from training in this zone it will be possible to run some of your long weekend runs at up to 75%, so getting the benefits of some **fat burning** and improved aerobic capacity.

**The Anaerobic Zone - 80% to 90%**

Training in this zone will develop your **lactic acid system**. In this zone, your individual **anaerobic threshold (AT)** is found - sometimes referred to the point of deflection (POD). During these heart rates, the amount of fat being utilized as the main source of energy is greatly reduced and glycogen stored in the muscle is predominantly used. One of the by-products of burning this glycogen is **lactic acid**. There is a point at which the body can no longer remove the lactic acid from the working muscles quickly enough. This is your anaerobic threshold (AT). Through the correct training, it is possible to delay the AT by being able to increase your ability to deal with the lactic acid for a longer period of time or by pushing the AT higher.

**The Red Line Zone 90% to 100%**

Training in this zone will only be possible for short periods. It effectively trains your **fast twitch muscle fibres** and helps to develop **speed**. This zone is reserved for **interval running** and only the very fit are able to train effectively within this zone.

**Calculation of a Zone Value**

The calculation of a zone value, X%, is performed in the following way:

Subtract your RHR from your MHR giving us your working heart rate (WHR)  
Calculate the required X% on the WHR giving us "Z"  
Add "Z" and your RHR together to give us the final value

Example: The athlete's MHR is 180 and their RHR is 60—determine the 70% value  
 $MHR - RHR = 180 - 60 = 120$   
 $70\% \text{ of } 120 = 84$   
 $84 + RHR = 84 + 60 = 144 \text{ bpm}$

## Announcements

- Kid's Zumba Day!** Every last Tuesday of the month, your child is welcome to come take Zumba with you! Come to Valerie's 5:30 pm, Tuesday class with your child and get a great workout together! Zumba is a great opportunity for you and your child to get some exercise and some fun time together. No special skills required and boys and girls of all ages welcome!

