Activity Two

Cardio Workout

Start your own weekly cardio training. A good starting point would be 3 times a week, with optional weekends. The goal of a cardio routine is weight loss. Cardio training raises your heart rate. A raised heart rate helps burn calories. Burning calories helps you lose weight. To lose weight, you have to burn more calories than what you eat.

To lose weight, the key is to get your heart rate in a specific zone. Once you're in that zone, stay there to keep burning calories.

Your resting heart rate is between 60 to 100 beats per minute (bpm). For cardio weight loss, you'll want to get that heart rate up higher. Your cardio heart rate zone will be between 150 to 195 bpm. This changes based on age and gender. A simple way to find out what your heart rate zone is, is with the equation 180 - (your age) = max bpm and max bpm - 20 = min bpm.

For example, a 20-year-old's heart zone would be between 140 and 160 bpm.
180 - 20 = 160   160 - 20 = 140

Find your own heart rate zone:	
180 - (your age) = max bpm	**max bpm - 20 = min bpm**
180 - ( ) = ( ) bpm	**( ) bpm - 20 = ( ) bpm**

Now that you know what your heart rate zone is, you need a way to keep track of it. You can do this with a heart rate monitor. Use a monitor to keep track of your heart rate while you work out. Try to keep your heart rate in this zone, but don't go past your maximum beats per minute.

The next thing to do is find the right exercises. Try out lots of different ones. See which ones get you into your zone. Do a mix of different exercises to set up a routine. Don't forget to take breaks and drink lots of water. Some cardio exercises are:

- aerobics	- jogging	- swimming	- cycling
- walking	- running	- biking	- dancing