

## **FITNESS WALKING STUDY GUIDE SCHS PHYSICAL ED.**

**Karvonen Formula** – the most effective method to determine your heartrate. Take your pulse at rest from the neck (carotid artery), which is the easiest location. count the number of beats, starting with zero, for one minute. To help assure accuracy, take your resting heart rate 3 mornings in a row. Another element in finding your training heart rate zone is determining the intensity level at which you should exercise. You should exercise at an intensity between 50%-80% of your heart rate.

**Ratings of Perceived Exertion** – This is the subjective method that allows you to rate how hard you feel you're working.

**Talk-Test Method** – This is a subjective method and should be used in conjunction with taking a pulse. If you are able to talk during your workout without a great deal of strain, you're most likely in your comfort zone.

**Water** – suppresses the appetite and helps the body metabolize stored fat. Studies have shown that a decrease in water intake causes fat deposits to increase therefore, increasing water input reduced fat. There is evidence that cold water burns calories. An average weight person, not over weight, relative to their physique should drink eight, 8 oz. glasses a day – two quarts. If one is over weight or exercise with intensity regularly or if the weather is hot and dry, more water is needed.

### **Benefits of Exercise:**

- Help you lose weight, especially fat weight.
- Lower your resting heart rate, allowing your heart to pump more blood per beat.
- Lower or help control your blood pressure.
- Reduce total cholesterol.
- Improve functioning of your immune system.
- Increase your level of muscular strength.
- Provide protection against injury.
- Help you maintain an independent lifestyle.
- Reduce the level of anxiety.
- Can assist in efforts to stop smoking.
- Help to relieve and prevent migraine headache attacks.
- Can help you sleep more restfully.
- Help you relax.
- Helps for improve your balance and coordination.
- Increase muscular endurance.
- Reduce the risk of heart disease.
- Improve your appearance.
- Increase your stamina and ability to do strenuous work.
- Improve your overall quality of life.
- Help alleviate depression.