

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +



Let's Focus on Training our Hearts

Introduction

As we age, there are three components of fitness that we must focus on: muscle strength, flexibility and cardio vascular fitness or in laymen terms a strong heart. Each of these fitness components are equally important to maintain function and a high quality of living. I have covered each of these in a number of newsletters and articles on Forever Active's web site, www.forever-active.com.

If we must prioritize these components, exercising your heart is probably the most essential. Without a strong healthy heart we can't accomplish much. We certainly can't do effective muscle resistance training and stretching and even the routine activities of daily living such as walking, getting groceries, taking the garbage out, cutting the grass etc. become onerous.

This newsletter will revisit cardio vascular fitness, and present ways that we can introduce this important fitness component into our every day lives. Lets make sure our heart is strong so we can be active and enjoy life as we age.

Did you Know

Go on the Forever Active web site (www.forever-active.com) and search for outer related newsletters and articles on strength training, flexibility and cardio vascular fitness

Newsletters

[Feb. 2012- Heart](#)

[July 2012 – Strength Training](#)

[Nov. 2012 - Core](#)

[Feb. 2013– Flexibility and Aging](#)

[May 2013– Yoga](#)

[Feb. 2014– Cardio vascular training](#)

[August 2014– Part 1– Home Exercises to improve Upper and Lower Body Strength and Balance](#)

[Sept. 2014 - Part 2– Home Exercises to Improve Upper and Lower Body Strength and Balance](#)

[Oct. 2017 - New Ideas on Muscular Resistance Training](#)



Articles

Cardio Vascular Fitness

1. Walking with a Pedometer, A Great way to Get Started on the Road to Improved Health
2. Heart Rate Monitoring for Cardio Vascular Training
3. Cardio Vascular Training @ 50+



Strength Training

1. Body Weight Strength/Resistance Training
2. The Core and Optimal Core Training
3. Improving Your Posture
4. Strength Training @ 50+

Flexibility Training

1. Yin Yoga
2. Myofascia– What it is, Why it is Important for Health & How to Treat it with Self Massage
3. Learning about Stretching
4. Flexibility Training @ 50 +



Cardiovascular Exercise: Training Heart Rate Zone

By definition, cardio vascular exercise is any physical activity that raises your heart rate above resting level for a sustained period of time. However, to achieve cardio vascular training, your elevated heart rate must be within a designated “training zone” for a minimum of 20 minutes.

Cardiovascular Training Zone

The easiest way to calculate your “training zone” is a two step process;

1. Determine your maximal heart rate using the following formula: $220 - \text{your age} = \text{maximal heart rate}$.
2. Calculate the heart rate between 60% and 70% of this maximal heart rate as your “training zone”

Example:

1. $220 - 65 \text{ yrs of age} = 155$ Estimated Max Heart rate
2. $60\% \text{ of } 155 = 93$
 $70\% \text{ of } 155 = 109$

Training heart rate Zone is between 93 and 109 beats per minute.

HEART RATE TRAINING ZONES

ZONE 5 - HR_{max} 90-100% Maximum Performance Capacity
ZONE 4 - HR_{max} 80-90% Anaerobic Endurance
ZONE 3 - HR_{max} 70-80% Aerobic Endurance
ZONE 2 - HR_{max} 60-70% Aerobic Development
ZONE 1 - HR_{max} 50-60% Warm-Up and Recovery

jillcoyars.com

Aerobic vs Anaerobic Cardiovascular Training: Which is best for the Older Adult

There are two types of cardiovascular exercises named for the energy system that fuels them;

1. Aerobic—requires oxygen to produce energy
 - is moderately paced and can typically last for a long time. The more intensely you exercise aerobically, the shorter the time you can do so.

Examples - walking, easy jogging, bicycling, swimming

2. Anaerobic — does not require oxygen to produce energy but uses glycogen which is the major carbohydrate storage form in our bodies. Primarily stored in the liver and skeletal muscle.
 - is higher intensity exercise and of shorter duration due to the depletion of muscle glycogen.

Examples - High Intensity Interval Training (HITT), high intensity spin classes, running sprints

Because of the intensity of the exercise, the older adult should engage in an anaerobic form of cardio vascular training only after they have developed a very strong base of aerobic cardio vascular fitness. With anaerobic / interval type exercises there is greater stress on the heart due to the rapid rise in heart rate and blood pressure as well as increased risk of injury to the muscles, ligaments and tendons if they are not properly conditioned.



Cardiovascular Training Guidelines for Adults 50+

Description	Beginner (Very low to Low Fitness)	Intermediate (Average Fitness)	Advanced (Above-Average Fitness)
Goals	1. Improved health 2. Increased energy 3. Daily activities made easier 4. Weight reduction	1. Improved health 2. Weight Reduction 3. Advanced activities of daily living made easier	1. Improved health 2. Weight maintenance 3. Sports training for competition.
Frequency	1-3 times / week	3-5 times / week	4-6 times / week
Intensity	55%-64% Max HR	65%-74% Max HR	75%-90% Max HR
Time	15-30 min.(Initially this does not have to be continuous)	20-45 min.	40-60 min.
Type	1. Walking 2. Stationary bike 3. Swimming 4. Water aerobics 5. Basic fitness classes	1. Stair climbing 2. Treadmill 3. Fitness Classes 4. Cycling (spin) classes 5. Cross-training	1. Complex movements 2. Sports 3. Interval training 4. Cross-training

Summary

1. Don't be lured by the notion that you can get the same benefits from anaerobic cardiovascular training than you can get from aerobic training but in half the time. For the older adult, especially for those that are not highly conditioned, the risks do not outweigh the potential benefits.

2. Low and slow for a sustained period of time is your best recipe for cardiovascular training as we age, especially if you are just starting out.

3. Cardiovascular training for the older adult is essential for a good quality of life and can and should be fun. Unlike muscle strengthening/resistance type exercising or stretching for increased flexibility which are mostly solitary in nature, aerobic exercises like walking, jogging, biking, hiking and swimming can be done in a group / social environment.



4. Set SMART goals for yourself to help motivate you. In my July 2018 newsletter I covered the 7 Principles that you should follow to begin and sustain a successful exercise routine. Review these principles again.

Editors Note;

Before you start any cardio vascular training always have a physical with your medical doctor and have his or her OK to start.

