

# HEART HEALTHY FEBRUARY

## FITNESS CHALLENGE

This month's fitness challenge is all about your heart. Use these tools to know your body and keep your heart healthy.

When discussing the heart or doing any cardiovascular training, you should consult your physician to determine their recommended limits or contraindications. Everything listed here is a suggestion, not a script.



### PREP WORK:

- 1. Start by calculate your resting heart rate.** First thing in the morning before coffee, preferably without being woken by an alarm. Find your pulse on your wrist and count the beats for a full minute. Try this a few times to get an honest average.
- 2. Calculate your maximum heart rate:  $220 - \text{your age} = \text{MHR}$  (Max Heart Rate)**
  - a. Keep in mind just because this is listed as your max, many medication will restrict you from achieving this number. It is important to know your physician's recommendations.
- 3. Calculate your target heart rate zones using your MHR.**
  - a.  $\text{MHR} \times .65 = 65\%$
  - b.  $\text{MHR} \times .75 = 75\%$
  - c.  $\text{MHR} \times .85 = 85\%$



**NOW USE THIS KNOWLEDGE IN ONE OF THE CIRCUITS BELOW:**



### Cardio and Strength 1:

- |                         |                      |
|-------------------------|----------------------|
| 10 Squats               | 30 seconds of cardio |
| 30 seconds of cardio    | 10 rows              |
| 10 step ups on each leg | 30 seconds of cardio |
| 30 seconds of cardio    | 10 sit ups           |
| 10 chest presses        |                      |

Start with doing one circuit then add on each week. Try challenging yourself, get your heart rate to 75% or 85%.



### Cardio and Strength 2:

- |                           |                           |
|---------------------------|---------------------------|
| Walking lunges            | Triceps Extension         |
| Leg extension             | Cardio 30 seconds - 1 min |
| Leg Curl                  | Lat Pull Down             |
| Cardio 30 seconds - 1 min | Row                       |
| Chest Press               | Biceps Curl               |
| Chest Fly                 | Cardio 30 seconds - 1 min |

Monitor your heart rate throughout and build up to three circuits.

**HAVE QUESTIONS?**

Find one of our coaches or personal trainers for assistance. That's what we're here for!



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# DO YOU KNOW THE NEW BLOOD PRESSURE GUIDELINES?



Paying attention to your Blood Pressure could save your life. Ask a trainer or coach today if you'd like to use our manual cuff. Concerned about high blood pressure sign up for our Blood Pressure Self-Monitoring Program!

| Blood Pressure Category                               | Systolic mm Hg (upper number) |        | DIASTOLIC mm Hg (lower number) |
|---|-------------------------------|--------|--------------------------------|
| Normal  | Less Than 120                 | and    | Less Than 80                   |
| Elevated  | 120 - 129                     | and    | Less Than 80                   |
| High Blood Pressure (Hypertension) Stage 1            | 130 - 139                     | or     | 80 - 89                        |
| High Blood Pressure (Hypertension) Stage 2            | 140 or Higher                 | or     | 90 or Higher                   |
| Hypertensive Crisis (Consult your doctor immediately) | Higher than 180               | and/or | Higher than 120                |



## Cardio Intervals:

- Warm up
- 30 seconds difficult - faster/incline
- 30 seconds easy
- Do the above 4-15 times
- Cool down

Can you get your heart rate to 75-85% on difficult? Does your heart rate fully recover (55-65%)?

Build up and challenge as you go!



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