

Cardio (aerobic) for substantial health benefits

Moderate Intensity - 150 minutes (2 hours and 30 minutes) each week (brisk walking)

Vigorous Intensity - 75 minutes (1 hour and 15 minutes) each week (such as jogging or swimming laps)

Strength Training

Lifting weights or using resistance bands 2 or more days a week focusing on all major muscle groups.

Rating of Perceived Exertion Chart (Cardiovascular Endurance)

#10		I am dead!!!
#9		I am probably going to die!
#8		I can grunt in response to your questions and can only keep this pace for a short time period.
#7		I can still talk but I don't really want to and I am sweating like a pig!
#6		I can still talk but I am slightly breathless and definitely sweating.
#5		I'm just above comfortable, I am sweating more and can talk easily.
#4		I'm sweating a little, but I feel good and I can carry on a conversation comfortably.
#3		I am still comfortable, but I'm breathing a bit harder.
#2		I'm comfortable and I can maintain this pace all day long.
#1		I'm watching TV and eating bon bons.

Recovery Zone – 60% to 70%
Aerobic Zone – 70% to 80%
Anaerobic Zone – 80% to 90%

KARVONEN FORMULA

the heart rate reserve (HRR) method
for determining appropriate exercise intensity

220

- age

difference = age predicted max HR

- Resting HR

difference = heart rate reserve

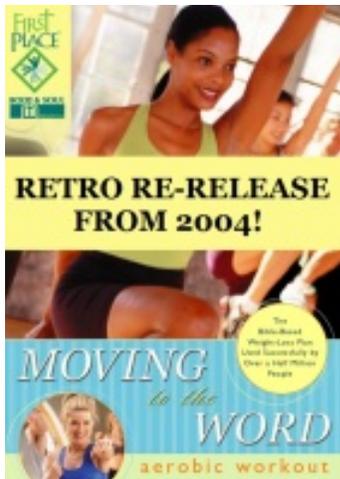
X .6 (60% or .7 = 70%, .8 = 80%)

product

+ Resting HR

total = target heart rate at 60% intensity
(or 70% or 80%)

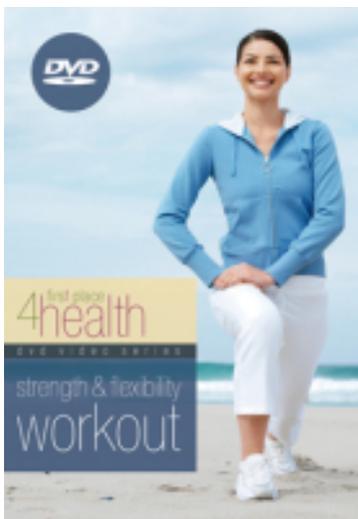
Karvonen, M.; Kentala, E.; and Mustala, O.; The effects of training on heart rate. A longitudinal, *Annales Medicinalis Experimentales Biologica Fennica* 35:307-315, 1957



DVD-Moving to the Word Aerobic-Retro Re-Release from 2004.

We've brought it back! The fun, safe and user-friendly cardio workout from First Place 4 Health and Body & Soul Fitness. Moving to the Word cardio workout is for anyone who wants a healthier you, inside and out. Our workout features thirty minutes of beginner, moderate and advance levels of cardio led by certified instructors. Your body will be strengthened by the exercise and your spirit by the scriptures set to music.

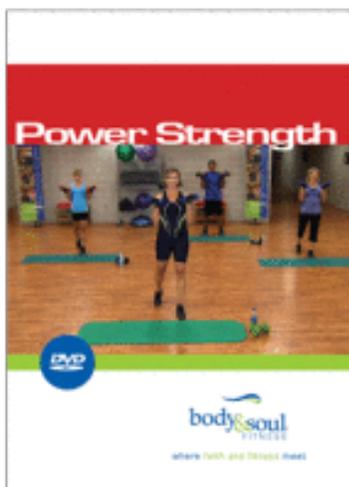
<http://www.firstplace4health.com/store/?cat=1&item=208>



DVD - FP4H Strength and Flexibility Workout

<http://www.firstplace4health.com/store/?cat=6&item=7>

Now anyone can create a stronger, healthier temple of God without putting excess stress on the body. With the aid of certified fitness instructors, this workout DVD demonstrates how to build muscle tone and increase flexibility. Learn effective stretching techniques and the benefits of a workout routine utilizing weights or elastic resistance bands for creating stronger, more defined muscles, all in about 30 minutes! And with the sounds of First Place 4 Health Scripture Memory Music to accompany their workout, they can firm up their familiarity with God's Word even as they tone their bodies!



DVD - Power Strength

<http://www.firstplace4health.com/store/?cat=6&item=89>

It's dynamic total body strength training at its best! Blast your body from head to toe while strengthening your core and improving your balance. This DVD is a must for everyone and allows you to start at whatever level is right for you, from beginner to fit enthusiast. This total body workout is the real deal with no time wasted and no muscle left untouched using weights and your body for resistance. Order your copy now to ensure that you develop a body that's strong, defined and knows how to move with power and grace.

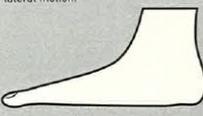
Lacing Your Shoe for Comfort

You've purchased the perfect shoe. We've all been taught how to tie our shoelaces, but what about lacing them for the most comfort? Making a few simple adjustments in how you lace up your shoes for your foot type and arch can prevent foot fatigue, nagging pain and provide stability and support. For me personally I've got a wide forefoot and have found that lacing my shoe accordingly has significantly decreased pain at the widest part of my foot that had become all too familiar. Take a look at the diagram below and try a new lacing technique to fit your foot type and see if you find similar results.



Lace for comfort

Lacing techniques for fitting problems®

1 Volume Lacing  HIGH INSTEP This customer commonly experiences pins and needles feeling through their instep because of pressure from the laces. In this case by using the above lacing technique the pressure will be reduced from the top of the instep. 	2 Forefoot Volume Lacing  WIDE FOREFOOT People with wide forefeet can sometime experience pressure or discomfort across the toebox until their new footwear softens or relaxes. By using technique 2 you will be allowing the foot to relax in the shoe without pressure on the sides of the foot. 	3 Lock Lacing  NARROW HEEL You would use the above lacing technique for those who experience heel slippage due to wearing orthotics or wedges, or due to a narrow heel. This will minimise or eliminate this movement/sensation. 	4 Midfoot Lock Lacing  SHALLOW INSTEP Due to a shallow instep this person may not feel enough support through the instep and may require the above lacing technique to provide added support. It may be particularly beneficial for those participating in sports such as tennis, netball, basketball and football as it helps to reduce lateral motion. 	5 Combination Lacing  SHALLOW INSTEP WITH A NARROW HEEL A combination of Lock Lacing and Midfoot Lock Lacing is very useful for people who have a narrow heel as well as a shallow instep. Like the Midfoot Lock Lacing, Combination Lacing is also suitable for all lateral motion sports, such as tennis, netball and basketball but specifically for those with a narrow heel. By lock lacing both the mid-foot and the top of the shoe the arch is firmly held down onto the innersole creating a snug supportive fit for the heel and ankle. 
--	---	---	---	--

Website Link to testing for finding your arch type

<https://www.prevention.com/fitness/simple-test-to-find-your-arch-type>