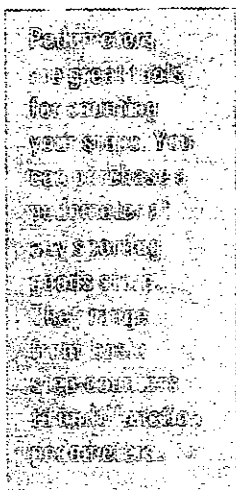




## **GO! ENDURANCE**

Endurance activities increase your breathing and heart rate, and improve your stamina for daily tasks such as climbing stairs and shopping. You should participate in this type of exercise at least three times a week for 30 minutes, but you can always do more.



### ▶ **Get stepping!**

Don't think you have to join an aerobics class to be active. Every step you take counts. The steps you accumulate throughout the day can make a big difference. In fact, you should take about 6,000 steps daily for health benefits and 10,000 for weight management. No reason to think distance; start thinking steps. Get up off that couch and start counting those steps. How many steps are you taking in a day?

#### **Beginner-Level Activities**

- 2,000 steps = Approximately one mile
- 10,000 steps = Those first few calories are starting to burn off

*Have fun and burn some calories!*

- Take a walk with your spouse, a child or friend
- Walk the dog
- Park farther from the store—or, better yet, walk to the store
- Use the stairs instead of the elevator
- Rake the leaves instead of using a blower
- Use a push mower rather than a self-propelled or riding model

### ▶ **Breaking a sweat!**

Start with five minutes of light to moderate activities such as those listed in the box to the right. Gradually increase the time spent on the activity to 30 minutes, then work your way to the more intense, intermediate-advanced activities below.

#### **Beginner-Intermediate level Activities**

- |   |  |
|---|--|
| ■ Go for a brisk walk in the neighborhood | ■ Play some tennis (doubles)                     |
| ■ Dance                                   | ■ Play golf (walk the course; don't use a cart!) |
| ■ Row a boat                              | ■ Garden   |
| ■ Swim                                    | ■ Mop and/or scrub floors                        |
| ■ Play volleyball                         |  |
| ■ Ride a bicycle or stationary bike       |  |

### ▶ **Your heart's pumping!**

Work gradually to increase your time to more than 30 minutes of endurance exercises per session at least three to five times per week.

#### **Intermediate-Advanced level Activities**

- |                                      |   |
|--------------------------------------|---|
| ■ Jog/Fast-walk                      | ■ Ski downhill                              |
| ■ Briskly ride your bicycle up hills | ■ Climb stairs or walk up hills             |
| ■ Play basketball                    | ■ Hike                                      |
| ■ Swim laps                          | ■ Shovel snow or dig in your yard or garden |
| ■ Ski cross-country                  |   |
| ■ Play some tennis (singles)         |   |

## Easy Steps to Getting and Staying in Shape

If You're Walking	Your Goal Should Be	Increase Steps By	Reach the Goal In
Less than 2,500 steps	5,000 steps	250 per day	10-20 days
2,501-5,000	7,500	300	8-16
5,001-7,500	10,000	400	6-12
7,501-10,000	12,500	500	5-10
10,001-12,500	15,000	500	5-10
12,501-15,000	17,500	500-750	3-6
15,001-17,500	20,000	750	3-6

Source: Prevention 2001

### Checking your pulse

To check your pulse: press the tips of your index and middle fingers against the opposite wrist just below the thumb, where your hand meets your wrist. Count the pulse beats for 15 seconds. Multiply that number by four to get your heart rate. Always check your pulse during your workout to make sure you stay within your target heart rate zone.

### Target Heart Rate

The target heart rate helps you judge how hard to exercise during endurance activities.

Your Age	Target Heart Rate	Maximum Heart Rate
50	102-136	170
60	96-128	160
70	90-120	150
80	84-112	140

### Health and longevity fitness-walking program

Below is a three-phase fitness-walking program aimed at easing you gently into the habit of regular exercise, a habit that often lasts a lifetime. However, in order to maintain a walking program, be sure to choose a convenient location to walk — around the neighborhood, local school track, or inside a mall during

cool weather. Adequate health and longevity fitness can be reached by accomplishing one of the following during Phases I-III:

- Two miles in 30 minutes or less three times a week
- Two miles in 35 minutes or less four times a week
- Two miles in 40 minutes or less five times a week

### Fitness and Longevity Walking Program

Phase	Week	Distance (mi.)	Time (min.)	Freq./wk.
I	1	1.0	24:00	5x
	2	1.0	22:00	5x
	3	1.0	20:00	5x
	4	1.5	30:00	5x
	5	1.5	29:00	5x
	6	2.0	< 40:00	5x
II	7	2.0	38:00	4x
	8	2.0	38:00	4x
	9	2.0	< 35:00	4x
III	10	2.0	34:00	4x
	11	2.0	32:00	4x
	12	2.0	< 30:00	3x

Source: The Cooper Aerobics Center

Endurance is the key to safe exercise. Do not try to go too fast too soon. Start slowly, then gradually increase the speed, pace and intensity of your exercise routines.