

Cardio and You!

Cardio is so misunderstood, but generally there are 2 kinds of cardio. We always gotta remember to mix 'em up, otherwise our bodies get lulled into efficiency (this translates into trying to hold onto as much bodyfat as it can!) Regardless, never mind the calorie-counter on the piece of machine you choose...how does IT know how many calories YOU burn?? Instead, use your Fat Burning Zone Formula...

LSD - There are other times when you'll want to 'zone out', and pedal at a slightly easier, consistent pace. If this is the case, then do long slow distance cardio, and make sure you're getting your heart rate up to 130 bpm minimum and keep it there. Make sure you're doing 20 minutes, or more as this is when the real fat burning clicks in.

HIIT (high intensity interval training) is becoming popular, due to the fact that you get great results in half the time. It burns more fat, aids recovery and revs the metabolism. So warm up (5 minutes) then go at a high level for 30-60 seconds, then return to a lower level for 1-3 minutes, and repeat throughout your session. This is tough, and it takes time to build the intensity, but it is very effective. You can't talk thru this one!

YOUR Fat-Burning Zone: There are several formula's, but the Karvonen method is easiest and most succinct, but you need your resting heart rate, first a.m., before getting up out of bed.

Example: How to Find Your Target Training Zone

- $220 - \text{age} - \text{resting heart rate} \times .70 + \text{resting heart rate} = \dots$
- $220 - \text{age} - \text{resting heart rate} \times .85 + \text{resting heart rate} = \dots$

Example: I'm 55 and my resting heart rate is 59, so... $220 - 55 - 59 \times .70 + 59 = 136$ and $220 - 55 - 59 \times .85 + 59 = 153$. So ***I'm between 136 - 153 bpm.***



When should I do cardio?

If you're trying to lose weight (and most of us are), do cardio on an empty stomach – first a.m., 2-3 hours after eating or *after your weight training session*. The exception to this rule is if you're a runner, then obviously you're not doing it for fat-burning purposes, you're doing it to improve your skill.

How much cardio should I do?

Minimum 15-20 minutes, 3-6 times a week, on your choice of equipment (remember, **elliptical** and **stairmaster** are best as they work more muscles (and the glutes!), so they are a better choice, followed by rowing machine, bike and treadmill). Don't be afraid to push it!

Tip: Don't eat for up to 1 hour after cardio and you'll continue to burn fat. Then...throw in a nice protein shake or protein-rich meal....at least 25 grams of protein!