

Week One:

Training Strategy: Move to burn calories

You are making a great deal of changes in your diet these next couple of weeks; therefore, your training plan this week is very simple – MOVE to burn calories. You must get your heart rate up in your target heart rate zone for a minimum of 30 minutes 5 days each week. You may either walk, jog, swim, cycle or do any other type of activity that gets your heart pumping. Go to www.startwalkingnow.org for complete information and tools to help you begin a walking program and track your progress.

Below is a chart to determine your target heart rate zone.

Age	Beats/Min	Beats/10 Sec
20-24	150-162	25-27
25-34	144-156	24-26
35-44	138-150	23-25
45-49	132-144	22-24
50-54	126-138	21-23
55-64	120-132	20-22
65-69	114-126	19-21

*Based upon 75% maximum heart rate which is appropriate for most individuals that do not have any medical contraindications to intense physical exercise. It is your responsibility to ensure that your physician approves of you participating in moderate to intense exercise prior to changing or implementing an exercise program.

It is your Responsibility to:

- Check your heart rate to ensure you are working at an appropriate intensity
- Get medical clearance prior to beginning a new training program.

Did you know?

While some heart attacks are sudden and intense (like in the movies!), most heart attacks start slowly, with mild pain or discomfort. Often, women having a heart attack aren't sure what's wrong and wait too long before getting help. Knowing these signs can help you spot when a heart attack may be happening:

- Discomfort in the chest or other areas of the upper body
- Shortness of breath
- Other signs of discomfort like breaking a cold sweat, nausea and lightheadedness

If someone has signs of a heart attack, 9-1-1 should be called immediately (within 5 minutes) for help. If someone loses responsiveness or stops breathing, an AED (automated external defibrillator) should be used (if available) or CPR performed, in addition to calling 9-1-1.