

Healthy diet and exercise keeps your heart healthy. It is a muscle so the more you exercise it the stronger it is.

2 major types of activities:

Aerobic

With oxygen

Muscles use oxygen to break down glucose as an energy source. Includes long duration endurance Activities that can be performed longer than 2 minutes. (bike, walking)

Our body uses more than one source of energy , therefore combination of exercises. Mix training and jogging in the same workout.

Cardio respiratory act. Strengthens heart. Keeps heart rate up for 20 minutes.(walking, dancing, rowing, swimming, spin class, elliptical)

Bpm: 78 rest

Radial artery wrist

carotid pulse – outer edge of your trachea

Anaerobic

Without oxygen

muscles rely on energy resources. Includes short and intensive activities that can be performed in under 2 minutes such as sprinting or max weight lifting.

Besides taking your pulse, there are other ways to monitor your heart rate:

~Treadmills and other cardio machines often have built-in heart rate monitors that use sensors on the handle or side rail of the machine to measure your pulse.

~Inexpensive wrist heart rate monitors look a lot like a watch but monitor your heart rate and your steps.

~Chest straps can work in coordination with a wrist monitor to measure your heart rate and keep track of your THRz.

~All inclusive wrist monitors use GPS to track your distance and speed while also tracking your heart rate and comparing it to your target heart rate.

Target Heart Rate formulas