

Staying Fit Indoors

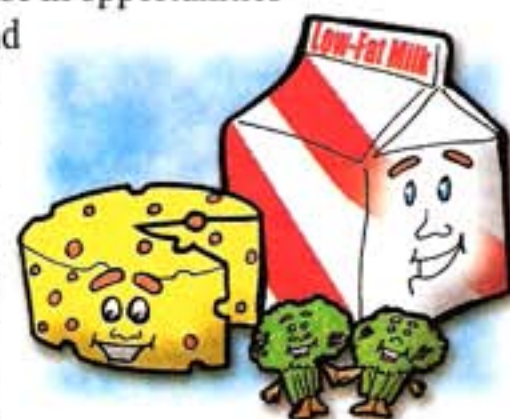
- Walk in an indoor location, like the mall or local Y. Join a walking group and find motivation from each other.
- Create a home gym. Furnish your gym with dumbbells, an exercise ball, jump rope, and other exercise equipment. Or use resistance exercises with your own body.
- Sign up for a dance class, water aerobics, or yoga class at your local fitness club. You can also swim or walk laps in an indoor pool.
- Purchase or rent home exercise videos or DVDs and workout in your living room. You may also be able to rent them at the library or local rental store.
- If you have stairs in your home or live near a building that has them, climb up and down the stairs for 20 minutes for a good workout. (Be cautious so you don't fall.)



Win the Battle of the Bulge

Yes, indeed, the holiday season is here. From gathering with family and friends to share a Thanksgiving meal through ringing in the New Year, most of us enjoy the six-week long season...too much. Combine the fact that all the hustle and bustle leaves less time for exercise with a significant increase in opportunities to eat and eat and eat, and most people will gain five to 10 pounds. (Sorry to rain on your cheesecake.)

But it doesn't have to be that way. You can avoid or at least minimize the impact upon your waistline and health by making a decision from the beginning to win the battle of the bulge and still fully enjoy yourself. The best offense is a good defense. **Here are simple steps you can incorporate that will help:**



- ◆ Plan ahead. As the "family feast" or office party approaches, adjust your food choices for the meals before you attend.
- ◆ Be selective. Don't eat just because it's in front of you. Be aware of the nutritional value of the foods you choose to consume.
- ◆ Self-control. Eat only until you're satisfied and not until you're full. Sample and enjoy the main entrees while sticking with basic vegetable, salad, and fruit portions.
- ◆ Increase your calorie-burning level. Integrate exercises into your day that you can do anytime and anywhere. Park a greater distance from the entrance of malls and shops and walk whenever you can rather than drive.
- ◆ Keep your family and friends moving. Instead of naps, take after-dinner strolls together. Plan group activities such as riding bikes or hiking in the woods.
- ◆ Beat the weather. If the weather is bad, don't let it keep you down. Many shopping malls welcome walkers and are a safe place to get your exercise. Some schools open their doors early for people to walk the hallways.
- ◆ Crank up your exercise program. Add a power calisthenics such as a standard push-up or perhaps an ab sculpting program to your routine. A few minutes can work wonders.

Exercise to the Beat of Your Pulse

To workout at your optimum level, your target heart rate should be 50 to 70 percent of your maximum heart rate. This maximum rate is based on your age. An estimate of your maximum age-related heart rate can be obtained by subtracting your age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as: $220 - 50 \text{ years} = 170 \text{ beats per minute (bpm)}$. The 50 and 70 percent levels would be:

- 50% level: $170 \times 0.50 = 85 \text{ bpm}$
- 70% level: $170 \times 0.70 = 119 \text{ bpm}$

To determine whether you're exercising within your target heart rate, you must stop exercising briefly to take your pulse. You can take the pulse at your neck, wrist, or chest.

Place the tips of your index and middle fingers over the artery and press lightly. Do not use the thumb. Take a full 60-second count of your heartbeats, or take for 30 seconds and multiply by 2. Start the count on a beat, which is counted as "zero." If this number falls between 85 and 119 bpm in the case of the 50-year-old person, he or she is active within the target range for activity.

Source: Centers for Disease Control and Prevention, www.cdc.gov



John Peterson is a lifelong fitness expert, the founder of Bronze Bow Publishing, and the author of *Pushing Yourself to Power*. He created the Transformetric Training System that maximizes strength and fitness as well as wellness. For more information on John Peterson and Transformetrics, visit www.bronzebowpublishing.com or call 1-866-724-8200.