

**Aerobic Conditioning**

* Aerobic means “**with** oxygen”
* Endurance activities that last a long period of time
  + Examples: jogging, jump roping, waling, swimming, biking, soccer, basketball, hockey
  + Benefits
    - Improves cardiovascular system
    - Weight control
    - Reduces stress
    - Reduces the risk of developing heart disease
    - Reduces the risk of developing diabetes
    - Reduces the risk of developing certain kinds of cancer

**Anaerobic conditioning**

* + Anaerobic means “**without** oxygen”
  + Exercises that are short, abrupt, and high intensity
    - Examples: 50 yard sprint or lifting weights
  + Benefits
    - Burns more fat
    - Increase endurance

**Resting Heart Rate**

* + The number of times your heart beats in a minute when you are resting (or sleeping)
    - Taken when you wake up or after 10-15 minute rest
    - An average adult human heart beats about 72 times a minute at rest

**Target Heart Rate Zone (THRZ)**

* + Your “target heart zone” is between 60% and 85% of your maximum heart rate

**Maximum Heart Rate (MHR)**

* + The maximum number of times your heart can beat in a minute
    - MHR= 220 minus you age
* The key to a good aerobic work out is to exercise within you “zone”.

**F.I.T.T.**

* F: Frequency- exercise 3-4 times a week
* I: Intensity- Exercise hard enough so that you are in you “zone”
* T: Time- exercise aerobically for 20-40 minutes
* T: Type- the type of exercise you are doing

A workout should consist of 3 points

* + Warm-up: to stretch the muscles and to increase the blood flow to the muscles
  + Exercise: Aerobic, Anaerobic, Strength, Training
  + Cool-down: to return the body to its “normal state”