



FAQs

Q1. Classify Zone 1, the Healthy Heart Zone (50%- 60% of the individual max. heart rate)

Ans. This is the safest, most comfortable zone, reached by walking briskly. Here strengthen the heart and improve muscle mass while reduce body fat, cholesterol, blood pressure, and the risk for degenerative disease. A person gets healthier in this zone, but not more fit -- that is, it will not increase the endurance or strength but it will increase the health.

Q2. Why it is important to know one's target heart rate?

Ans. Target heart rate is used as a tool for exercise prescription. Results from the recordings are important in planning optimal training. This is especially important in athletes and is applicable for anyone else interested in exercise. Monitoring intensity is also done to avoid over-training and to accurately set max limits; for example, high speed cycling does not accurately indicate the intensity of exercise, hence the monitoring of THR by the prescribed methods.

Q3. Define Zone 3: The Aerobic Zone (70%- 80% of the individual max. heart rate)

Ans. This zone is also easily reached by running, by improving the functional capacity. The number and size of the blood vessels actually increases; step up the lung capacity and respiratory rate, and the heart increases in size and strength so one can exercise longer before becoming fatigued. It metabolizes fats and carbohydrates at about a 50-50 rate which means both are burning at the same ratio.

Q4. What is heart rate reserve?

Ans. The heart rate reserve is the difference between one's HR max and the HR rest.

or Define exercise intensity levels.

Ans. Intensity is the amount of physical power, the body uses in performing an activity. For example, it defines how hard the body has to work to walk a mile in 20 minutes.