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# February is Heart Health Month, LOVE YOUR HEART!

By Lydia Schillinger

## Exercise intensity: How to measure it

You put on your new workout clothes and head off to the gym with your 80s sweatband around your head. You get to class and tell yourself you are ready for this. You choose a spot in the room towards the back and begin to move with the instructor. You start to feel a little warm. You can feel your heart beating in your chest, holding a conversation is getting harder and harder and your breathing is heavy. Then you find out that was only the warmup! Stick with it, trust me your feelings are normal, the movements will get easier the more and more you try them. Congratulate yourself for getting to the class and trying something new. I am proud of you.

Aerobic activity, weight training, and vigorous walking all get your heart rate up and help you burn calories. To get the maximum benefit for your body while you are doing an activity try to get a target heartrate that is right for your age group. Choose the intensity that is right for you.



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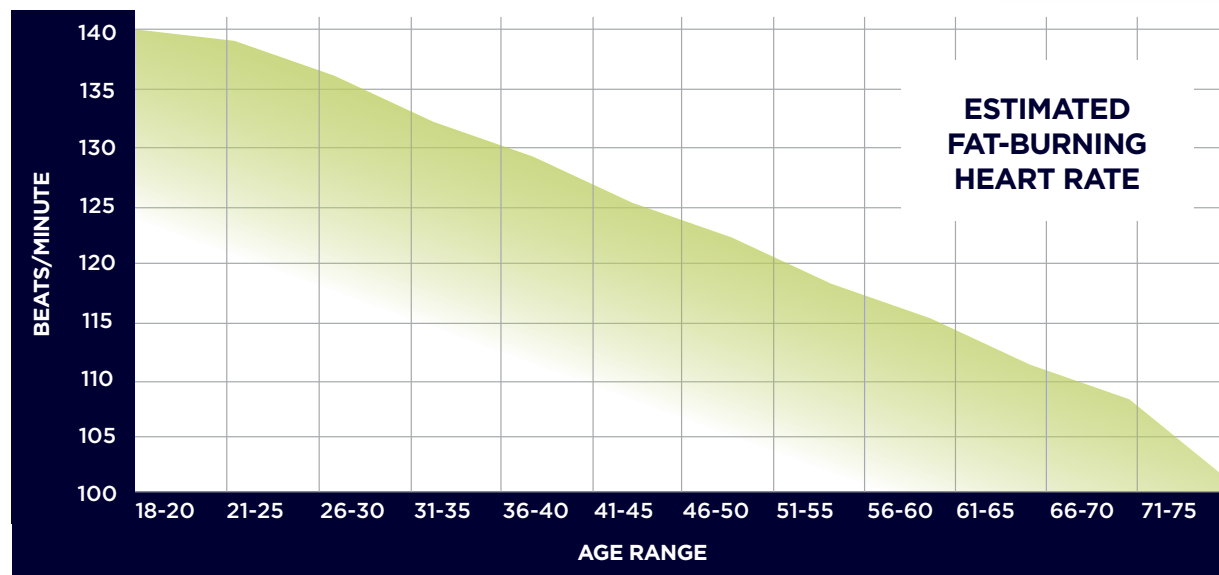
## Fat-burning heart rate chart

When using the following chart, keep in mind that the older you are, the lower your fat-burning heart rate. For example, if you're 32, you'd want to use the higher number in the 31 to 35 range for your fat-burning heart rate.

Certain medications may affect your heart rate, too, so speak with your doctor before beginning any exercise routine.



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## What really Happens to your body when you start exercising?

I recommend you take a few minutes to read this article and check out this website for helpful tips on how to start exercising. Exercise helps your heart, your muscles, your brain, your immune system, your hormones, your mood, your sleep, your energy levels... the list goes on and on. When you exercise, you will FEEL BETTER. Any time is a great time to start a new workout, but the new year is an especially great time. The new year can be a new you. Keep up with your activity for four weeks and you will see and feel the results.



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**If you want to change you have to change.**

Let us know your progress and/or a favorite activity you started in the new year and we may feature you in an upcoming Wellness Connection! ■