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cardiac care provided in a **heartbeat**

The 5 Smart Rules to Fat Burning Cardio

Looking to lose fat and get into the best shape you can?

Strengthen your heart, and burn fat this summer with some exhilarating cardiovascular workouts! Simply follow Brendan Fox's 5 SMART Rules to Fat Burning Cardio:

Stretch to avoid injury: As a result of cardio workouts, the hip flexor muscle has a tendency to tighten up if not stretched. This alters body mechanics, resulting in various forms of joint and muscle pain. To stretch the hip flexor muscle,

1. Kneel on the ground with one leg forward
2. Push the pelvis forwards, stretching the front of the hip on the side of the rear leg.
3. Increase the stretch by raising the arm on the side of the rear leg straight up in the air, while gently over.
4. Hold the stretch for 20-30 seconds on each side.

Motivate yourself: Making exercise fun will give you the motivation to exercise longer!

- Do cardio with a friend so you can "catch up on the latest"
- Listen to music or an audiobook.
- Perform your cardio while watching the news or your favorite TV program.
- Make a game of the cardio. For example, check out the Canadian Coast Fitness Challenge!

If all else fails, simply go for a run with someone annoying...you'll magically find the motivation to run further and faster!



Adapt at your own pace:

We are all unique, and should address our cardio workouts with a concern for our own individuality. It is advised to begin with easier forms of cardio such as brisk walking, elliptical or cross trainer machines, cycling or stationary bikes, the rowing machine, and swimming.

When you're ready, feel free to progress to the more intense forms of cardio such as running, skipping, the step master, kettlebells, and exercise cycling classes. It can also be advantageous to incorporate interval cardio, whereby you alternate periods of high effort with periods of low effort.

It is also advised that each individual strive to keep their pulse in the Target Heart Rate Zone

- Target Heart Rate Zone = 65 to 85 % of your Maximum Heart Rate
- Maximum Heart Rate is calculated by subtracting your age from the number 220.

For example, a 30 year old would workout at an intensity of between 117 and 153 beats per minute.

Rule of No More Than Four: Avoid any foods that contain more than 4 items on the ingredient list. Your diet is crucial to the effectiveness of your cardio workouts, and this strategy alone will help you drop those extra pounds! You will be avoiding processed foods, while consuming slimming whole foods, such as green apples, brown rice, dark green salad, walnuts, almonds, eggs, and fish.

Timing is Key: To bring about a training effect, cardio should be done a minimum of 25 minutes, three times a week. Results can be much more noticeable when you exercise for



45 minutes, 5 times a week. To burn more body fat, research suggests you perform your cardio when the blood sugar is low, such as:

1. First thing in the morning on an empty stomach, or
2. Immediately following your resistance training workout.

Looking for a highly motivating cardio program?

Avoid the drudgery of mundane cardio workout by incorporating The Canadian Coast Fitness Challenge. Distances traveled in your cardio workouts will be correlated with the distances between various cities spanning from Ontario to Nova Scotia! You will find great motivation in reaching various checkpoints along your way, and seeing how far you've progressed on your journey.

You can also challenge friends, family, and co-workers to join you. The more people involved the better!

You will be accountable to each other to complete your workouts.

You will have fun motivating each other to take the lead.

And you will all end up slimmer and healthier!

To download a copy of the Canadian Coast Cardio Program, visit the articles section at www.FoxFitness.Ca and remember, the winner isn't always the fastest person in the race, but is more often the one who keeps racing!

Brendan J. Fox CK, CSCS, CFC, SPN, EFT is a personal trainer from Whitby Ontario. Brendan represented team Canada at the 2006 Winter Olympics as a member of the Canadian Health Care Team. Brendan works exclusively with professional athletes and everyday people who want to look and feel their best!