

The Institute of Human Performance presents:

# IHP SEMINAR SERIES



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HUMAN  
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## How to use your Heart Rate for Cardio training



Cardiovascular endurance or aerobic fitness is one of the best indicators of overall health and one of the most important components of physical fitness and health-related fitness. It is essentially the ability of the cardiovascular system to take in and deliver sufficient oxygen and nutrients to meet the body's demand during sustained, moderate to high intensity physical activity. In the IHP Seminar Series on the 29th of February, Exercise Physiologist, Glen Joe, discussed how to use your heart

rate to determine your exercise intensity level and hence create a more effective cardiovascular workout.

Glen discussed how the Hong Kong Department of Health encourages everyone to partake in 150 mins of physical activity per week. They also specify this as being at a moderate intensity, however they do not define how you can measure this. Measuring heart rate, and therefore intensity is important for cardiovascular training with many different ways for which to measure it. The focus however was on heart rate and how to determine the intensity, in relation to duration and frequency.

Benefits	Intensity	Frequency	Duration
Health	low to moderate intensity	some "physical activity on most, if not all days of the week"	accumulation of 30 minutes
Fitness	moderate intensity	3-5 days per week (at appropriate exercise intensity)	20-60 minutes
Performance	low to high intensity	5-6 days per week (at appropriate exercise intensity)	30-60 minutes
Weight Loss	low to mod intensity	on most, if not all days of the week	45-60 minutes



After a brief discussion the participants determined their own resting heart rates and estimated maximal heart rates which would help to determine their training intensities. Participants were then given heart rate monitors and shown how to measure these on aerobic training equipment. A simple graded exercise test was employed to help show participants their heart rate response with increasing intensity and how they could use this information to meet their daily physical activity requirements.

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