

Ask the Health Center

Dear Health Center,

I've seen information on Target Heart Rate (THR) lately but the methods of calculating your THR have all been different. I also cannot ever remember this calculation and would like to have my own copy of the right method. Help!

Signed,
Forgetful Frannie

Dear Frannie,

Target Heart Rate (THR) refers to the number of beats per minute that your heart should reach in order for you to get the maximum health benefit from your exercise program. It is also most beneficial to your own cardio-vascular system to maintain this heart rate for 20 minutes. (Don't give up!)

In order to calculate your Target Heart Rate, you must:

1. Determine your resting heart rate- Get relaxed and count the number of times your heart beats in 10 seconds.
2. Take 220 and subtract your age (This is your maximum heart rate)
3. Take your maximum heart rate and subtract your resting heart rate.
4. Take 65% of this number.
5. Finally, add your resting heart rate to the number you calculated in step 4.
6. Be happy! You can now enjoy maximum benefit workout!

The heart becomes stronger with training. It also becomes a more efficient pump and will have to pump with less effort during your daily activities and at rest.

The goals of your exercise program will be met with optimal efficiency if you monitor your pulse and work for the

target area that is right for your age and current fitness level. The result will be a stronger heart and a healthier you

Here are some interesting facts about exercise:

- *Simple regular exercise, like walking, lowers levels of damaged cholesterol (LDL) and raises the levels of beneficial cholesterol (HDL)
- *Regular exercise can help to lower blood pressure (this reduces your chances of having a stroke or developing kidney disease)
- *Exercise helps to curb extensive stress reactions and speed your return back to normality
- *Believe it or not, moderate exercise decreases your appetite!!!

— WALK FOR HEART —

On November 17, 1991 at 10 AM, an estimated 1,000 walkers will be strutting their stuff around the Meredith 2 mile loop. Each walker will get as many donations from sponsors as possible. Each sponsor will donate a given amount just for your participation in the event. This event will benefit the American Heart Association. Prizes will be awarded to walkers who raise certain amounts of money. The Grand Prize is two American Airlines tickets to anywhere in the Continental US. Sweatshirts, Headphones, workout equipment, and much more can be won! Every walker that gets a total of donations that is \$50 or more will receive a tee shirt! Brochures to sign up will be coming soon. Come and strut your stuff for the American Heart Association and if you can't make the event, try to be a sponsor.

Jane Sands, Health Ed. Intern
Susan Schrag, Consulting Health Educator

Editor's Note: Don't go around wondering--turn in any questions on a health-related issue to the Meredith Herald or in the designated box inside the waiting room of the Meredith Infirmary. Look for your answer in the next Meredith Herald.

INTERSECTIONS

"Where Christian living meets the needs of the world."

by Sam Carothers

Intersections is a conference designed for the student whose understanding of faith is closely tied to her concern for the physical needs of persons. This three day conference is scheduled for December 28-31, 1991 in Washington, D.C. and has been designed to demonstrate the responsibility of each Christian to be an agent of healing who improves the quality of life for others. Speakers such as Millard Fuller, founder of Habitat for Humanity, and Mary Cosby of the Church of the Savior in Washington will help give leadership to the conference. They will be joined by Gene Cotton and others in leading the large group sessions as well as small group seminars. In addition to worship services, seminars, and small group sessions there will be an opportunity for some "hands on" learning as participants spend an afternoon working throughout the Washington area in established community ministry programs.

There will also be ample opportunity for fellowship with 500 students from eleven states that will be attending this gathering. As the conference will be held in the Loews L'Enfant Plaza Hotel in the heart of the government and tourist area, participants will be able to use their free time to tour and shop in the downtown area.

Intersections is sponsored by the Baptist campus ministry departments of the participating states. The projected cost for the conference is \$170.00 (including transportation, hotel, meals and registration). Financial aid is available from the campus ministers office.

The deadline for registration is October 22 and Meredith has been allotted only four spaces for this gathering. While it is hoped that additional spaces can be obtained from the planning committee, interested students should contact the campus minister of the MCA Social Concerns chair-person, Patricia Sikes, as quickly as possible

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