

"WORK SMARTER NOT HARDER"

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Everyday millions of us go to the Gym or attempt to read the labels on food to make our healthiest choices. We are bombarded with diets and books about changing our life. We have to wade through mountains of exercise tips and hints, from the stars and the athletes that tell us to "train this way or " eat my way". Who is right, and what the heck are they talking about when they talk about heart rate zones and the optimal training heart rates for performance or weight loss.

Most Americans would like to be more fit, look better feel better and have more energy. (Oh and by the way I want it now and I don't have a lot of time to spend to do it) .In enters science. Is it 30 minutes a day 60 minute a day 3 x per week 7 days a week? The American Council on Fitness and Health says 6 days per week for 45 minutes to 1 hour. The next question is what do you do in that time?

In the past the recommendations have been pretty light. Walk around the block. Go out in the garden , clean your house as long as your moving your getting fit. Wrong!!! It did not take long for people to figure out that just because they had a nice yard and a clean house they were fit. In fact over the 5 years that the recommendations were eased . Obesity, diabetes and heart disease continued to soar. Doctors in vain tried to get their patients to exercise, and each time they did they were met with the same comments. "I do exercise. I work everyday, I'm on my feet all day, I walk all day at work." Sorry folks, but that doesn't do enough for the muscle that needs the most... your heart.

In enters your exercise program you buy tapes to work out with at home. They're good for a little while, but you get bored. Next buy a treadmill. You use it for a little while then it collects clothes and hats, then dust. Join a gym for social interaction and motivation. What are all these pieces of equipment how do you know what to do what to set up on, how hard do you work. HMMM I'll try a little of everything. Flash to the next morning sore muscles and then 3 or four days away from the gym.

Wading through fitness plan and diet plans can get to be a full time job. How do you know who to trust regarding exercise intensity. The answer is simple you trust your body. One of the most accurate ways to test your current fitness level is through Lactate Testing. or Lactic acid testing. By doing this simple test on the treadmill e-trainer or Bike you can determine what heart rate zones you should be in during exercise.

You eliminate the guess work by using science and your body for determining how hard you should be working. These testing procedures used to be expensive and have a lot of bulky equipment. Over the years the testing has become more refined and the equipment easy to use.

What you may find may surprise you, you may be working too hard or not hard enough depending on your fitness goals. The results will give you heart rate zones for training the basics of the approach to zone training are as follows:

- Zone 1: Fat burning low intensity longer duration exercise.
- Zone 2 to improve level of fitness and increase endurance.
- Zone 3: Increase endurance and effort for a longer period of time
- Zone 4: This would be interval type training, with a series of hard efforts and recovery in between.
- Zone 5: Strong intervals with heavier work for a shorter period of time.

Working smarter not harder, and making small dietary changes over a longer period of time will create lasting change, and lay the ground work for fitness. Moderation is repeating theme for exercise and diet.

Carolina Sportscare and Physical therapy in partnership with Integrative Fitness

Consultants and Scientific Assessment Solutions is proud to announce that they are now offering lactate testing in the Beaufort and Bluffton clinics. To set up your test and begin working "Smarter Not Harder" call Carolina Sportscare and Physical Therapy. (See ad in this magazine) Kevin Green is a Physical Therapist assistant and Manual Lymphatic Drainage Specialist, Combined Decongestive Therapist at Carolina Sportscare and Physical Therapy in Beaufort and Bluffton. He is a Speed Agility and Quickness Instructor, a Sports Conditioning Specialist, and Ironman distance triathlon finisher.