



## THE TRUE FACTS OF FITNESS AND EXERCISE

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### FITNESS AND EXERCISE FACTS YOU SHOULD KNOW:

- 1** Research shows exercising consistently can enhance quality of life, but quantity of life may be changed very little. Studies reveal the mortality rate difference between people with average fitness and excellent fitness is very small.
- 2** Finding your maximum heart rate using the 220 minus your age equation may not be that accurate. Research reveals a difference of plus or minus 20-40 points variance in individuals' maximum heart rates using that equation. For example, a 20 year-old person should have a 200 beats per minute maximum heart rate. However, his or her heart rate could be anywhere from 160 to 240 beats per minute.
- 3** An alternate maximum heart rate equation is:  $208 \text{ minus } (\text{age times } 0.7)$
- 4** A review of sudden death rates and exercise concludes that the risk that someone will die or have a heart attack while exercising, or just afterwards, is small. Sedentary men who have other risk factors, such as heart disease, obesity, and smoking are more likely to suffer fatal attacks.
- 5** Drinking water more frequently before, during, and after exercise is essential for maximum performance. This is true because you lose water by sweating. The more water lost, the worse one's performance. When fluids are depleted your blood volume goes down and this causes less blood to get to the working muscles. The muscles receive less glucose and oxygen and less blood travels to the surface of the skin. Your body compensates for this by the heart beating faster. Since less blood is dissipating from your skin, your body gets hotter and hotter. You are forced to slow down and cannot perform at your best.
- 6** Once dehydration in the above scenario occurs, it may take twenty-four to forty-eight hours to drink enough fluids to make up for the losses. Therefore, the bottom line is to drink plenty of water to enhance performance and prevent dehydration. This is especially true while exercising in Pueblo during the summer.

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