

Fitness Facts

Provided by Runner's World

Water

1. Water comprises approximately two thirds of your body weight. That is 100 pounds of water in a 150 pound person.
2. All of our bodily functions and chemical reactions occur in an aqueous solution.
3. Water is the prime importance for regulation of the body temperature.

Daily losses of water are relatively high, even under normal temperatures and activity. The body needs to replace its entire water mass every 11-13 days. Water is lost largely through urination as well as by evaporation in breath sweat. The kidneys normally very carefully regulate the balance of water retained in the body, but excessive losses can result from vomiting, diarrhea, vigorous exercise or high temperatures. It should be noted that even small losses of water (2-3% of body weight) could seriously impair performance.



Requirements for water intake:

As a rule of thumb 1/2 oz. of water should be consumed per pound of body weight. for example a 150-pound person should drink 75 ounces of water a day or nine 8-ounce glasses. A good indication of healthy water intake is the color of your urine. Except for first thing in the morning it should be colorless or a pale yellow.

Water Intake for Exercise: It is recommended to drink 16 ounces an hour prior to exercising and 4-8 ounces every 15 minutes while exercising. Do not forget to keep drinking after your workout to replace lost fluids.

Aerobic Fitness

Aerobic (cardio) training exercises are any activity that increases your heart rate via working of the body muscles. Aerobic exercise strengthens the heart and the lungs. An aerobically fit individual can work longer, more vigorously and recover faster.

Aerobic Training Factors:

FREQUENCY--How often you perform an activity

DURATION--The time spent for each session

ITENSITY-- The percentage of your maximum heart rate at which you work

Recommendations-Aerobic Training:

3-5 days per week

20-60 minutes per workout

60-90% of maximum heart rate

Heart Rate Training

220-your age = Max Heart Rate

Weight Loss Training = 60% - 70% of Max Heart Rate

Aerobic Training = 75% - 85% of Max Heart Rate

Increased / Elite Training = 85% - 95% of Max Heart Rate

