

## ***Types of Aerobic Activities***

Anything that maintains the target heart rate 60% - 90% of the Maximum Heart Rate is considered aerobic. If the heart rate is lower, then aerobic levels have not been reached. If the heart rate is higher, then an anaerobic level has been reached. During anaerobic exercise (sprinting) protein is being consumed and energy is being produced without the benefit of oxygen.

High intensity, high impact aerobics is not necessary to burn fat. For example, running for 1-mile burns only 20% more fat than brisk walking for 1 mile. It's important to focus on the exercise and maintain the target heart rate. Watching TV, reading books or other similar activity tends to distract the participant from monitoring the target heart rate. Use music with sufficient beats per minute to intensify the exercise session (120 - 140 bpm).

It is important to provide a period for cool-down. Abruptly stopping aerobic activity can cause blood pooling in your lower extremities or making you feel lightheaded.

## ***Pregnancy***

During pregnancy, no exercise should be performed in the supine position after the fourth month. Target heart rate should not exceed 140 bpm. Avoid exercises that incorporate extreme flexed or extended joint positions. Joints are looser in the latter part of pregnancy. Also avoid jumping movements due to joint and tissue laxity. It is important to maintain the current fitness levels during pregnancy and not try to increase or improve the fitness level. The time to do this is before pregnancy not during. Keep Aerobic/Step moves basic and simple. High step heights can become dangerous due to the body's change in the center of gravity. Recommended step heights are 4 to 6 inches. Keep strenuous activities down to a duration of 15 minutes at a time. It is also very important to avoid the Valsalva maneuver (holding the breath) during exercise. It robs not only the baby of oxygen but oxygen starved muscles can cramp easily.

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