

# jazzercise®

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**Aberdeen & Stonehaven**  
NEWSLETTER

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## Got Results?

Your workout regimen is in place. You've been faithfully attending classes, listening to your instructors, and the sweat is pouring off of you. So, how are your results? Do you notice a difference in how you look and feel? If not, then it's time to gauge the intensity level that you're putting into your workout.

Intensity is basically a measure of how hard you are working. Keeping tabs on your intensity is imperative if you want to gain the best fitness results. If you waltz leisurely through your workout, it will only frustrate you in the end, when you see a lack of results. At the same time, pushing yourself beyond your safe intensity limits is a recipe for injury and burnout.

Check for intensity level about every ten minutes. This way, you'll know if you're putting in the right amount of effort to gain results without risking injury.

The three most common methods for measuring workout intensity are target heart rate, the talk test, and rate of perceived exertion.

- ✓ **Target Heart Rate** – The Mayo Clinic offers a simple formula to determine your target heart rate. Subtract your age from 220 to find your maximum heart rate. This is the highest limit of what your cardiovascular system can handle during exercise. If you multiply that number by 70 percent and 85 percent, you'll find a safe target heart rate range. Your goal is for your heartbeats per minute to stay within that range.
- ✓ **Talk Test** – With the talk test, your ability to speak gauges your intensity level. If you can't carry on a simple conversation, then you're working too hard, and you need to slow down. However, if you find yourself discussing the finer points of last night's CSI episode without missing a beat, then you probably need to step it up a notch.
- ✓ **Rate of Perceived Exertion** – Using a scale of 1-10, rate of perceived exertion (RPE) is a simple way to measure workout intensity. When you're relaxing in bed, consider your RPE to be at level one. On the flip side, if you're sprinting down the street hollering after the last available taxi, you're probably at level ten. For your workouts, the American Council on Exercise suggests that you stay between a range of three to five on the RPE scale. Novice exercisers will want to spend more time at level three, whereas experienced athletes can log more minutes at an elevated level.

Set a plan to measure your intensity level several times during your next workout. It's one sure way to get results.

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## Stonehaven morning classes crèche during Easter

We will be having a crèche during the Easter Holiday in the following classes in Stonehaven: Friday 26<sup>th</sup>, Monday 29<sup>th</sup>, Friday 2<sup>nd</sup> and Monday 5<sup>th</sup>. The reason we don't have a crèche in Aberdeen is because we are not allowed in our current facilities to run one.

# Money raised for Haiti

We managed to raise a staggering **£1000.00** for the victims of the Haiti earthquake during our 3 charity classes last month.

## Special thanks to:

**All students** who helped with raffle prizes, tablets, and gave suggestions for routines.

**The Team Dance** for performing on the Monday evening class at Albyn

**Class Managers** in all our locations who sold the raffles and kept everything running nicely as usual.

**The Jazzercise Instructors** who on Monday night got together to teach and make special the class

Thank you all for your generosity.

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## Did you know?

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### Strength Training Lessens Arthritis Pain

Many people think that weight-training exercises will worsen arthritis symptoms. In fact, a little bit of load-bearing exercise is just what the doctor ordered.

Dozens of research studies conducted within the past year show the benefits of exercise for people who suffer from arthritis. Some of the positive effects are:

- **Decreased Pain** – Whether you suffer from osteoarthritis or rheumatoid arthritis, increasing your muscle strength with weight-bearing exercise allows your muscles to act as shock absorbers, thus lessening pain in your joints.
- **Better Bones** – Tufts University researchers report that strength-training exercises can help build bone mass in arthritis patients. Post-menopausal women are particularly vulnerable to bone loss, typically losing up to two percent of bone mass every year. After just six months of exercise, researchers report a measurable difference.
- **Slimmer Physique** – Strength training is an important element in trimming your waistline because it increases your resting metabolic rate. A regular weight-training regimen, about 2-3 times per week, will stoke your metabolism by as much as 15 percent.

### Technique Tip of the Month → External Rotation

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1. Start in a standing position with your feet shoulder width apart, weights in hands, torso inclined slightly forward from your hips (not your waist), and your knees soft (not locked in place).
2. Bend your elbows 90 degrees. Your hands should be in front of your elbows with your palms facing each other.
3. Keep your upper arms still and close to your body.
4. Retract your shoulder blades toward your spine and open your forearms in an arc.
5. The movement may be small depending on your range of motion.
6. Return your forearms to their starting position with your hands in front of your elbows.

Performing this exercise on a regular basis will help tighten and tone your shoulder muscles, specifically the rotator cuff muscles.