

## What heart rate means to health and longevity&nbsp;&nbsp;

Would you like to do just one thing to: \* become a better lover ... \* feel full of health ... \* have a great slim body ... \* feel more self-confidence ... \* relax and de-stress ... \* have more endurance and stamina ... \* live longer ... How much would you be prepared to pay for all those benefits to your life? The good news is ... you can have all that and it needn't cost you a cent. So what is it? Simply put, it's lower your resting heart rate. Check your pulse. What's your heart rate while you are resting? If it's between 40 - 50 beats per minute, consider yourself in a superb condition of health; if it's 50 - 60 you're in good condition; 60 - 70 fair condition; and if your resting heart rate is over 80 you're in pretty poor shape. A slow pulse is indicative of a strong heart and probable good health. So how do you get a strong heart? You build up your heart strength with aerobic exercise which will strengthen your breathing system at the same time. The heart and lung system is the cardio-pulmonary system and the efficiency at which this system functions is a great determinant to how long you'll live and how good you feel and how healthy you are. Aerobic activity is action and action is the law of life - without it you die - heart rate zero - too low! So how do I do aerobic activity? First, calculate your target heart rate: 1. Subtract your age from 220. 2. Then multiply by 65% - 80% to find a pulse rate range for you to get your heart rate into. 3. Perform your activity of choice and keep your heart rate within that range for a continuous 20 minutes. Remember to stretch and warm up slowly for 5 - 10 minutes before getting into the target heart rate range. At the end of your 20 minute workout, cool down with a slower activity and finish with some more stretching to aid recovery and prevent injury. But I hate exercise! The answer to this is either: 1. Change your mindset; 2. Get a coach or training buddy; 3. Choose an activity you enjoy. If you hate jogging then just walk. On average the difference between walking and jogging for 10 minutes is only about 10 calories! And nearly everyone can walk. Just make sure you step it out. The more effort in the walk, the harder you train your cardio-vascular system and the greater the health benefit you receive: - a better lover because you look good and have more stamina and blood flow; - a great slim body because the exercise elevates your metabolism so it burns more fat; - more self-confidence because you have a better self-image; - less stress because the energy spent exercising helps dissipate nervous energy; - more endurance and stamina because of your increased lung efficiency; - longer life due to the lessened likelihood of heart attack and stroke. The secret to your longevity and youthfulness rests in your hands. Start some form of exercise that gets your heart rate up today. Only you can make good health happen.

### About the Author

Good luck and happy health to you and your son. An optometrist at an eye unit would test and advise. If not sure ask for a referral.

Source: <http://www.productsherbal.com>