

# **POLAR EXERCISE GUIDE**

***POLAR***®

# B E S A F E

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First of all, a word of caution.


Exercise *will* change your life, but you shouldn't put yourself at risk.

So you may need to get professional advice *before* you start a regular exercise program.

Consult your doctor if you answer yes to any of these questions:

1. Are you over 40 years of age?
2. For the last 5 years has your lifestyle been mainly sedentary?
3. Do you smoke?
4. Do you have high blood pressure?
5. Do you have high blood cholesterol?
6. Have you symptoms of any disease?
7. Are you taking any blood pressure or heart medication?
8. Are you pregnant?
9. Do you have a history of breathing problems?
10. Are you recovering from a serious illness or medical treatment?
11. Do you use a pacemaker or another implanted electronic device?

**Your Polar Heart Rate Monitor**  
**will help you lead a healthier**  
**and longer life. This guide**  
**shows you how...**



To get the *maximum* benefits from exercise, you need to adjust your workout to your current activity level.

## How active are you?

You walk for pleasure and routinely use the stairs, but don't exercise regularly. You push yourself hard enough to be out of breath only occasionally.

You participate in sports 2-3 times a week, or have a job that keeps you physically active. You exercise for more than 30 minutes a week (even if only playing golf, frisbee or gardening).

**Or**

You work out 2-3 times a week: for example, jogging, swimming, cycling or doing aerobics. You exercise for up to 2 hours a week.

You work out more than three times a week, for a total of over two hours. Maybe you run more than 10 miles a week, swim 40 lengths most mornings, cycle every day or regularly take aerobics classes.

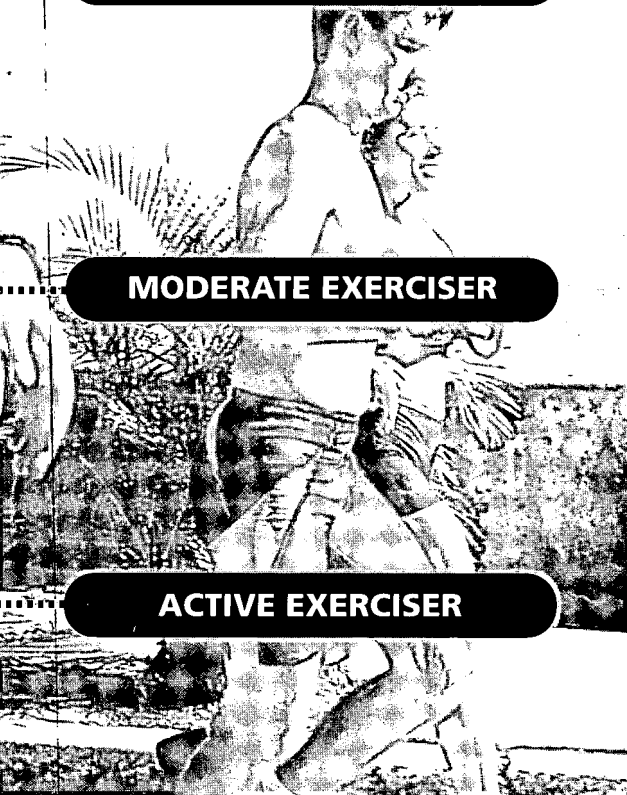
# ASSESS YOURSELF

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**EXERCISE BEGINNER**

**MODERATE EXERCISER**

**ACTIVE EXERCISER**





# SET YOUR GOALS

**Jogging, cycling, swimming  
or running are great forms  
of exercise. Working out  
with others in a health club  
or exercise class can be a  
great motivator.**

You know your fitness level right now. Where do you want to go? Think about long-term and short-term goals.

**Long-term goals might be:**

- losing weight
- reducing your risk of heart disease
- being fit enough to play football with your kids (and sometimes win!)
- entering a local 'fun run'

Short-term goals help you achieve your long-term goals. So keep them practical and give yourself a time limit for achieving them.

**A short-term goal might be:**

- lose 5 pounds (2kg) this month
- exercise in your OwnZone™ for 20 minutes three times this week

Once you have set your goals, it's time to choose the best way to achieve them.

First, find a form of exercise that you enjoy because if it's fun, you are more apt to continue. Walking is a great way to start out because it's easy on the body and everyone knows how to do it.

# GET IN YOUR ZONE

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**The key to effective and safe exercise using a Polar Heart Rate Monitor is to spend a set amount of time each week in *your* target heart rate zone.**

To find your target heart rate zone, you need to know your maximum heart rate ( $HR_{max}$ ).

To estimate your  $HR_{max}$ , simply subtract your age from 220. Or, for a more accurate measure, ask for an exercise stress test from your doctor or personal trainer.

$HR_{max}$  decreases when you get older.

Your **target heart rate zone** is a percentage level of your current  $HR_{max}$ .

When your heart beats at **50-60 %** of your  $HR_{max}$ , you're in the *light intensity* zone. This kind of exercise is easy (a brisk walk, for instance), but already delivers some health benefits.

Push on to **60-70 %** of your  $HR_{max}$  and you're in the *light to moderate intensity* zone. Good for fitness. Great for weight loss.



At 70-85% of your HR<sub>max</sub>, you've moved into the *moderate to heavy intensity* zone. This is harder work, but worth it.

The following table shows target heart rate zones in bpm estimated from age.

<b>Age</b>	<b>HR<sub>max</sub> (220-age)</b>	<b>Light intensity</b>	<b>Light to moderate intensity</b>	<b>Moderate to heavy intensity</b>
<b>25</b>	195	95-115	115-135	135-165
<b>30</b>	190	95-110	110-130	130-160
<b>35</b>	185	90-110	110-125	125-155
<b>40</b>	180	90-110	105-125	125-150
<b>45</b>	175	85-105	105-120	120-145
<b>50</b>	170	85-100	100-115	115-140
<b>55</b>	165	80-95	95-115	115-140
<b>60</b>	160	80-95	95-110	110-135
<b>65</b>	155	75-90	90-105	105-130

# STAY

An easy way to find your target zone (without the math and exercise stress tests) is to use the *OwnZone™* feature on your Polar Heart Rate Monitor.

*OwnZone™* listens to the rhythm of your heart and works out a personalized target heart rate



# IN YOUR OWNZONE™

zone which covers your light to moderate intensity zones. Depending on stress, how much you've eaten, the time of day, humidity and air temperature, your body will respond differently to exercise.

*OwnZone™* listens to *your* body and defines the right zone for you every time you use it. Setting an *OwnZone™* takes less than 10 minutes during your normal exercise warm-up (more details in the user's manual).

The effect of your exercise can also be measured in the calories you expend. If you are exercising for health benefits, you could aim to expend 150 kcal in each exercise session - and 1000 kcal in a week.

An active exerciser, or a person aiming to lose weight, should work up gradually by expending 300 kcal in each exercise session or 1500-2000 kcal in a week.

*OwnCal™* accurately shows you how many calories you've expended in each exercise session, and keeps a running total to sum up the weekly calories as well. It soon becomes a great motivator.

## Ann is 44 and has just started exercising.

*I want to be healthier and lose a bit of weight. I also know my general fitness will make a real difference in my long term health.*

*After checking with my doctor, I now walk three or four times a week. I like walking because it's easy on my joints and I can keep going for even an hour.*

*I also swim sometimes between ten and thirty lengths at a time, depending on how I feel. I stay within my OwnZone, but close to its lower limit. I expend 1000 kcal a week by exercising!*



Ann's program may sound easy, but easy is the only way to start. Even easy but regular exercise offers scientifically-proven health benefits. After a few weeks, you'll notice you have to walk a little faster to get into your *OwnZone*<sup>TM</sup>. You're getting fitter already and may be on the way to becoming a Moderate Exerciser!

The beginner's Golden Rule:

Exercise most of the time in your **light to moderate** target zone, or close to the lower limit of your *OwnZone*. Do it often.

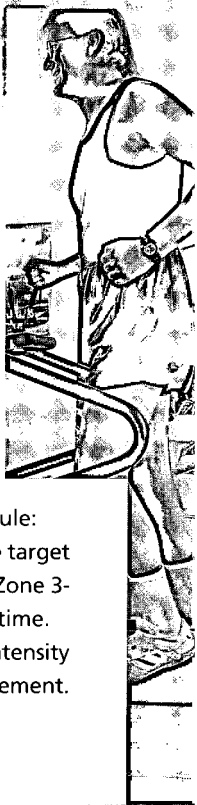
**Ann's Fitness Tip: Walk during your lunch hour if you are finding it hard to fit in your exercise.**

## Chris is 38 and a moderate exerciser.

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*I exercise two to three times a week within my OwnZone. I exercise to keep in shape and release stress from work. I am a member of a gym, and do at least 20 minutes on the treadmill or rowing machine.*

*Sometimes I try to do both and push my total exercise time up to 40 or even 60 minutes. I consume 1000 kcal a week by exercising. My current goal is to lose my beer belly within six months.*



The moderate exerciser's Golden Rule:  
Exercise in your **light to moderate** target zone or in the middle of your OwnZone 3-5 times, minimum 30 minutes at a time. This is the recommended exercise intensity if your motivation is weight-management.

**Chris's Fitness Tip:** I used to skip warming up before exercising. Finding my OwnZone is a great way to warm up *and* find my target zone for the exercise.

## Marie is 32 and an active exerciser.

*Six months ago I joined a running club. I had been running on my own for about two years before that, but decided I wanted to take running more seriously. It's been great. I meet other runners, I run much more, and now my current goal is to run my first marathon!*

*I run four times a week within my OwnZone, normally very close to its upper limit. My training sessions vary in length between about 30 and 90 minutes, and I tend to consume more than 1500 kcal a week by running.*



The active exerciser's Golden Rule: Exercise in your **moderate to heavy** target zone or close to the upper limit of your OwnZone 3-5 times a week, minimum 30 minutes at a time.

If you want to improve your fitness, add one more exercise session to your current weekly training. Don't try to make your sessions more intense, make them more precise and exercise more often.

**Marie's Fitness Tip:** I use my Polar to avoid overtraining. It beeps if I go over my training zone. With my Polar, I can keep my training precise and make my workouts more effective.

# THE GOLDEN RULES



1. Always warm-up before exercise and start out slowly. Finding your *OwnZone™* is a good warm-up.
2. Use your Polar Heart Rate Monitor to find the pace that is right for you. Keep within your *OwnZone™*.
3. Finally, before stopping, cool down for a few minutes at a low intensity.
4. Stretch to prevent stiffness.

And remember, if it hurts or feels bad, STOP!  
Listen to your heart. Listen to yourself!

**We hope you've found this personal Polar Exercise Guide useful. Good luck with your exercise program!**

My long-term goal: \_\_\_\_\_

My short-term goal: \_\_\_\_\_

I will exercise \_\_\_\_\_ times a week.

I will exercise within my OwnZone.

The duration of each exercise will be \_\_\_\_\_.

I will expend \_\_\_\_\_ calories a week by exercising.

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