

Who's Dave Z ?

Same Hairstyle for 60 years
Mickey Mouse Club Member
Loved Gardening & Yardwork !! – Sun City 2016



Dave Z's Springtime Fitness Tune-up

- In my chair since 2008 – Came to Sun City 2011 – Our Dream !



**However, Summer 2012
Phys/Mental/Emotional
Low Point – Nightmare !
235**

Real Training Began Feb 2013

- I Share my Physical, Mental & Emotional Training Experiences – Luke
- Began Presentations in 2016 – Sun City, Chamber, Eureka, etc
- I'm in better shape than some & worse shape than ALL = My reality
- Today – Basics of Cardio & Strength Training. Q&A Session to follow

Where Would You Start ?

Sources:
 American Heart Assoc (heart.org)
 Center for Disease Control (cdc.gov)
 mayoclinic.org
 webmd.com

1. Cardio - Know Your HR #'s & TRACK THEM – Keep a Scorecard !!!

A. Do you know your Resting Heart Rate (RHR) in Beats/Minute (BPM)?

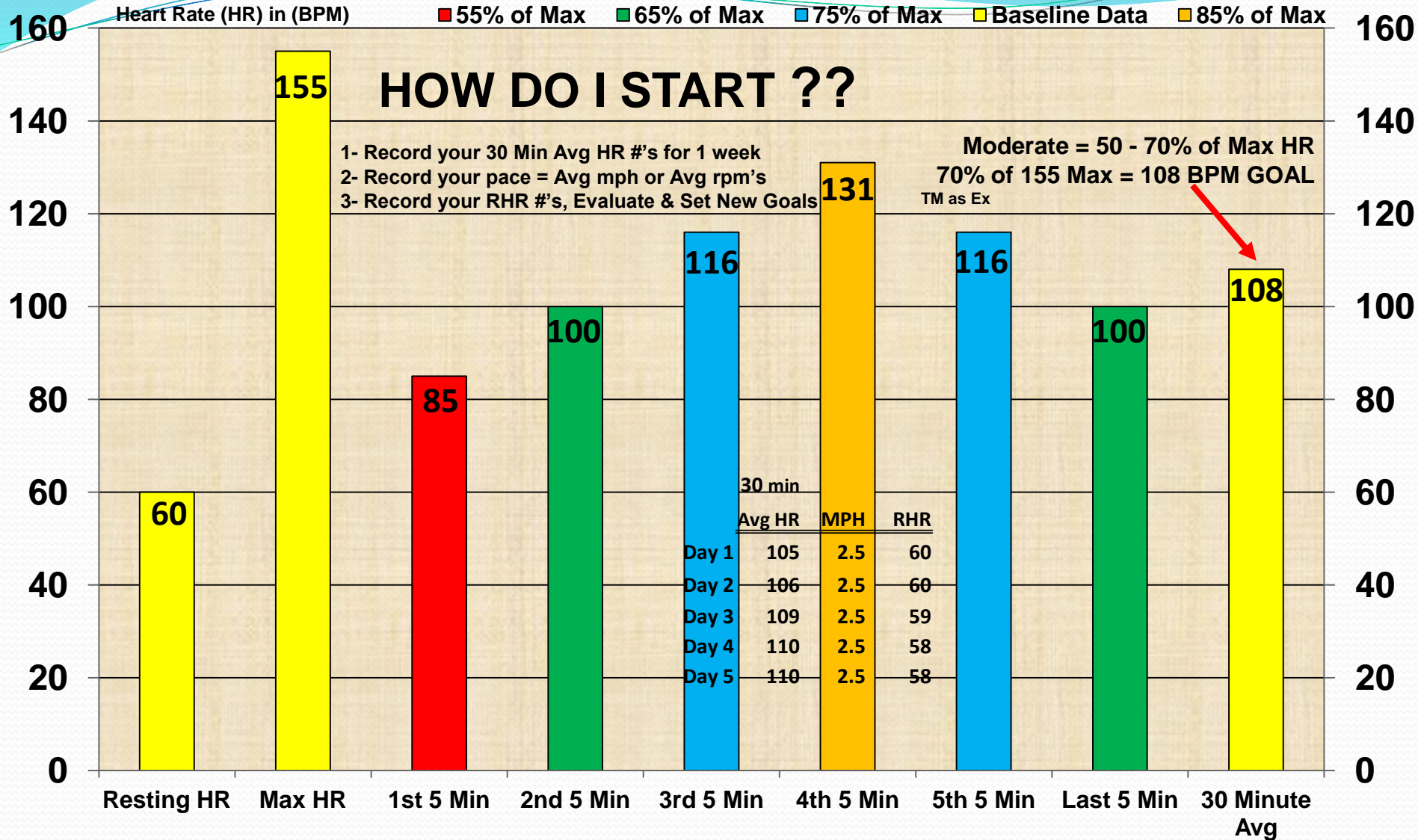
- ✓ Old School – 60 - 100 BPM; New School – 50 - 70 BPM
- ✓ Lower RHR, reduced risk of Cardiac Event & vice versa – Measure 1st thing in am, 2hrs post-exer
- ✓ Maximum HR = 220 minus Age – Needed to Set/Assess Your Training Level

B. Know your Recommended levels of Moderate and Vigorous Cardio Exercise

- ✓ Moderate – 150 min/week – 50% to 70% of Max HR (60% avg) = 30 min/day; 5 days/wk
- ✓ Vigorous – 75 min/week – 70% to 85% of Max HR (80% avg) = 25 min/day; 3 days/wk

HR in BPM @ Age	Max	Moderate			Vigorous		
		50%	60%	70%	75%	80%	85%
BPM @ 60	160	80	96	112	120	128	136
BPM @ 65	155	78	93	109	116	124	132
BPM @ 70	150	75	90	105	113	120	128
BPM @ 75	145	73	87	102	109	116	123
BPM @ 80	140	70	84	98	105	112	119

Moderate Cardio Plan – Age 65 – 30 Min Walk - 5x/week – 1 week



After 1 week, your Resting HR might come down
 After 1 week, your 30 Minute Avg HR might be going up – GOOD !!
 This is Baselineing your Performance – **Define Goal, Measure, Analyze Results, Repeat**
 Absolutely Necessary for Goal Setting to Jump Start and/or Enhance Your Performance

Where Would You Start ?

2. Strength Training - www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf

A. Benefits – Maintain Bone Density, Improve Bal, Coord & Mobility, Minimize Pain

B. Know Your Recommended Levels of Strength Training – 2 - 3X/week - Beginner

✓ Toe Raises, Stand-Up & Sit Down & Wall Push-Ups (intro on cdc.gov link in # 2 above)

✓ **Form & Breathing (EE) – Perform each Exercise to Perfection – Focus + Exhale on Exhertion**

✓ Perform each Exercise 3 Times, Counts of 10 = 3 Sets of 10 Reps

✓ Toe Raises 3 X 10 – SU/SD – 3 X 10 – Wall Push-Ups – 3 X 10 = 9 Sets, 90 Reps

C. Set Your Goals & Track Daily - Just Like Cardio – Keep it Simple

Life Fitness (LF) Machines	# Sets	# Reps	Set on (Lbs)	Tot Time (min)
Leg press - seated	3	10	50	6
Leg extension - Quad	3	10	20	6
Shoulder Press	3	10	20	6
Pull Down LF mach	3	10	40	6
Chest Press -LF mach	3	10	60	6
Abdominal	3	10	0	6
Total	18	180		36

Intermediate Level
18 Sets, 180 Reps

Starting Point for Beginners – Up the Sets, Weights & Reps for Others



**Use This AB Machine or a
Bench to do these 5 Exercises.
Video Doesn't Post**

<u>Life Fitness (LF) AB Mach</u>	<u># Sets</u>	<u># Reps</u>	<u>Set on (Lbs)</u>	<u>Tot Time (min)</u>
Situp – 3/4	3	10		6
Stand up/Sit Down	3	10		6
Front Shoulder - DBell	3	10	8	6
Side Shoulder - DBell	3	10	5	6
Bicep Curls - DBell	3	10	8	6
Total	12	150		30

Eating Habits

- **How do I start changing my eating habits?**
 - ✓ **Keep a daily food diary – estimate portion sizes – 4oz, ½ cup, etc.**
 - ✓ **Use Smaller Dishes**
 - ✓ **Take time to prep your meals, sit down to eat & FOCUS – NO TV/ NO PC/ NO IP_{hone}**
 - ✓ **Take 20-30 minutes to eat – Eat slowly & savor each bite**
 - ✓ **I used chopsticks**
 - ✓ **Leave some food on your plate, we can't send it to**
 - ✓ **Don't eat after 7p – Takes a brisk walk post-meal - You'll Digest & Sleep Better**
 - ✓ **Floss & brush when done**
 - ✓ **Healthy Snacks**

● Raffle Gifts - Rules

- ✓ Make an effort to use your Gift
- ✓ If not, Please give to someone who may benefit from it
- ✓ Each Winner has 1st Choice of #1 - 4

1. Two (2) – HR & Step Counting Wrist Watches – Basic Functionality
2. One (1) – Finger Pulse HR/Oximeter –
3. Eight (8) – Premier Protein Drinks (Chocolate & Peaches & Cream)
4. 1 – USA Flag Insulated Water Bottle (MAHA !)
5. 5 Sets of Beautiful Chopsticks for 5 Volunteers



11 oz – 160 cal, 16% fat,
2g carb, 1g sugar,
30g Protein (60% DV)

Recommended Dietary Allowance or Adequate Intake Selected Nutrients, Vitamins & Minerals (2K Calorie/Day Diet)

Multivitamin Provides 70% of Required Daily Vitamins & Minerals – Below are the Significant Others

PICK-MA	<---- Daily Levels ---->		Upper Limit-UL	
	Women	Men		
Protein	46 g	56 g	1.1g/lb	
Iron	8 mg	8 mg	45 mg	18g if women age 19-50
Calcium	1,200 mg	1,000 - 1,200 mg	2,000 mg	
Potassium (K)	4,700 mg	4,700 mg	No UL	
Magnesium (Mg)	320 mg	420 mg	350 mg supp food, no UL	1/2c Black Beans = 40% DV of Iron, K, Mg
Vit A	2,300 i.u.	3,000 i.u.	10,000 i.u.	

<http://www.webmd.com/vitamins-and-supplements/vitamins-minerals-how-much-should-you-take?page=3>

Recommended Daily Levels - Selected Nutrients (2K Calorie/Day Diet)

Must Read Labels

CCSSFF	<---- Daily Levels ---->		
	Women	Men	Upper Limit-UL
Calories	Calorie Calculator - http://www.heart.org/fatsandsodiumexplorer/explorer.html		
Carbs (net)	50 - 150 g	50 - 150 g	Weight Loss < 100 g
Salt	2,300 mg	2,300 mg	Goal = Low as Poss
Non-Natural Sugar	24 g	40 g	Goal = Make it 0 g
Fat	< 25% of cals	< 25% of cals	
Fiber	14 g/1K cals	14 g/1K cals	

Sources:

American Heart Assoc (heart.org)

mayoclinic.org

webmd.com