

## 30 REASONS TO USE A **HEART RATE MONITOR**

Why should you add a heart rate monitor to your workouts? The list continues to grow. It is the ultimate weapon, a huge advantage to help you become fitter and healthier year by year. You will definitely do better with one than without one. Before the introduction of heart rate training (circa 1983), the most prevalent method of assessing exercise intensity was perceived exertion. This is a way of determining how hard you're training based on your perceived feeling of effort. In a gross way, it works. However, for truly efficient training, it just doesn't work very well. Instead, strap on a heart rate monitor and start enjoying the enormous benefits that you receive from using one. Here is a list of 30 reasons to use a heart rate monitor and to train with multiple heart zones.

# HEART ZONE BASIC

1. It saves you time.
2. It makes your training more efficient.
3. It is a smarter way to train, because you have information to use for managing your workout.
4. It is a link between the mind and the heart.
5. It allows you to train to burn more fat.
6. It can keep you from training too hard.
7. It serves as a kick to motivate you to train harder.
8. It is a biofeedback monitor that helps you manage your emotions.
9. It is a fat-burning monitor that helps you to manage your weight management program.
10. It is a personal monitor that helps you train in the right zones, in order to achieve the most physical benefits.
11. It is a stress monitor that provides you with information on your current stress levels.
12. It is a motivation monitor that can inspire you.
13. It is accurate and reliable.
14. It is your own personal coach.
15. It tells you when you are within your training zones.
16. It tells you when you are outside of your training zones.
17. It is a way to assess how fit you are.
18. It is a way to determine if you are getting fitter.
19. It is a tool to use to do better in competition.
20. It is an easy way to measure your resting heart rate.
21. It is an easy way to measure your threshold heart rates.
22. It is an easy way to measure your ambient heart rate.
23. It is an easy way to determine whether you are over-trained.
24. It is a way--but not an easy one--to measure your maximum heart rate.
25. It is an easy way to determine what emotional heart zone you are in.
26. It makes training easier and more fun.
27. It individualizes training such that you can train with a partner using the same relative number (ie., 75%) of your maximum heart rate.
28. After the workout it can provide you with summary data like average heart rate, time in zone, elapsed time, and recovery data.
29. It's a tool to measure the amount of internal and external stress you are experiencing.
30. It is your friend. Do every workout with your new friend - your heart rate monitor.

**Bonus:** It is fun to train with a heart rate monitor!

The best way to infuse heart zones training into your life is to encourage a friend to train with you using a heart rate monitor--you can teach them everything you know. We learn best through collaboration. I encourage you to do something active in the next 24 hours. If you train solo be sure to share your new training venture with friends and family and invite them into the conversation and action. Listening to your heart and your body is the most incredible gift that you can give to yourself and your heart!!

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