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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The Cardio Question**

**By Ryan Betzina**

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I get many questions regarding "losing those extra few pounds and extra layer of fat." This always brings me to the cardio/aerobics question. "What is it and how much should I do?"

Well, let's start with what it is. "Cardio" literally means "having to do with the heart and blood vessels." It is essentially low-impact repetition training that helps to improve your overall cardiovascular health.

Cardio is one of the best ways to burn a lot of calories while losing extra bodyfat and giving your metabolism a big boost.

Cardio exercises are those that raise your heart rate to 65-90% of your maximum heart rate. Now, you may be thinking: "How do I find out what my maximum heart rate is?"

An easy way to figure out your maximum heart rate is to subtract your age from 220. For instance, the maximum heart rate for a 28-year-old should be 192 ( 220-28=192). To figure out your cardio range, multiply your maximum heart rate by 65% and 90%. So, the cardio range for that same 28-year-old should be between 125 and 173 ( 192 times .65 = 125 and 192 times .90 = 173).

Just remember, a general rule of thumb to follow is that if you are having trouble talking because you are gasping for air, you are working too hard. On

## The Cardio Question

the other hand, if your breathing rate hardly changes, you aren't working hard enough.

Cardio has many benefits, from; reducing blood pressure, improving heart health to improving lung function. Amidst all of these good reasons to do cardio work, the biggest reason for most people is to lose fat. How much should you do though?

If you are a beginner, or if you just haven't done any cardio activities for a few months, you should limit your first few sessions to only 10–15 min.

After you've done it for a few weeks and have built up some endurance, you should increase your cardio sessions to 20–60 min. You begin to burn more fat than carbohydrates after 20 minutes. Because of this, shorter cardio sessions are best for maintaining your current weight, while longer sessions are best for losing weight.

If you just want to maintain your current weight then 60–90 minutes PER WEEK will usually be adequate. How you choose to split that time up during the week is your choice and depends on your level of endurance.

If your goal is to burn as much bodyfat as you can, 2–5 hours of cardio PER WEEK will be sufficient. Your sessions should be 40–60 minutes in length.

The best time to do your cardio sessions for maximum fat loss is right away in the morning before you eat anything. After you've been asleep for 6–8 hours, the level of sugar (glucose) in your blood is very low and your body will use stored fat as an alternative energy source.

If you are consistent with your cardio workouts and can incorporate them into your life, you will see results!

Do you want to consistently lose 3 to 5 lbs. per week? Ryan Betzina has created a no-brainer weight loss program to help you boost your metabolism to burn more calories even while you sleep... You DESIGN YOUR OWN DIET! Check out=====> <http://www.easyhealthsecrets.com>

## **Boring Ol' Cardio**

**By The Icon Diet Reader**

### **Boring Ol' Cardio by The Icon Diet Reader**

By: The Icon Diet Reader

Cardio is a very important aspect of any work out. There are numerous benefits to a good cardio routine. In the real world, there are many ways to get a good cardio workout. You can jog, play sports and get chased by the police. In the gym cardio usually revolves around a handful of machines. There are the stair climbers or steppers, the elliptical trainers, tread mills, and bicycles. That's about it. A good cardio routine can last anywhere from 20 minutes to an hour and is really intensive. The problem is that when you are on a cardio machine, you do the same thing over and over. What I am trying to say is that for most of us cardio gets boring after about five minutes. Don't lie, you know what I am talking about. The best I have ever heard about cardio is 'I don't mind it.' In other words, I get really bored, but I will keep doing it cause it works.

Being bored is horrible. Being Bored is even worse when you know you have another 25 min left and the seconds crawl by like eons. So what gives. Why does cardio have to be so boring? I think it's a safety issue. In the real world if you go running or play soccer for example, your environment and all its inputs are constantly changing; you run by different scenery, you miss the shot on goal. These changing characteristics are what make the whole process fun. In the gym, however, since space is limited, you have to do your cardio rooted to one spot. Very little happens to your environment to elevate the boredom. Imagine though, if you could have all the excitement of a soccer game while sitting on a recumbent health cycle? At first you may think it's a great and fun idea. No more boring cardio! Think about it and it becomes a little terrifying. The sheer amount of stimuli hitting you from all angles, your mind would exhaust quickly and you would run the risk of injury (not to mention getting overwhelmed). That is why cardio machines are so boring. They design them to be boring so you don't hurt yourself. So when you climb up onto your favorite elliptical trainer, remember that it's boring for a reason.

What can we do to make cardio more fun? Being new to the world of the gym I think I have some neat ideas to make cardio a more exciting activity. Ok that's a lie. I don't have any way to make cardio more exciting, but I do think there are some techniques to make the cardio experience pass more quickly, which, when you think about it, is the next best thing. I really try to distance my mind from my body. I try to unplug. I daydream, listen to loud music and think about my shopping list. For a whole week I designed a basement apartment for my house. It was quite the undertaking. Really focus on not thinking about time. Cover up the timer, know where the near by clocks are and avoid looking at them. Do what ever it takes to detach your self from the realm of the here and now. Remove yourself from our world governed by the second hand. Slip into recesses of your mind and tune out. While the cardio

won't go away at least you can distract yourself. Cardio machines make cardio boring and boring cardio is hard to stick with. Take comfort in knowing that your body loves the attention of a good cardio workout.

The Icon Diet offers a step by step package to help people lose weight quickly, naturally and effectively. Visit the site by going to...<http://www.zizzoo.com/guides/loseweight/index.php>



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