



# BETTER SAFE...

TM

## in this issue

Zoning Out.....	1
Heart Smarts .....	1
Surviving The Office Cafeteria .....	2

WELCOA'S ON-LINE BULLETIN FOR YOUR FAMILY'S SAFETY

### CONSIDER THIS...

## Heart Smarts

### Picking The Right HRM

Available at almost all sporting goods stores, basic Heart Rate Monitors (\$50-\$75) accurately tell you your heart rate, but some models (up to \$250) provide other benefits such as the following:

Number of calories burned in a workout

Average heart rate over entire exercise period

Number of fat calories burned in a workout

Amount of time in each zone during workout

Alarm that sounds if user goes above or below zone

Recall of information from past workouts

Some high end models include computer software to transfer workout data to personal files to track fitness levels

Using a heart rate monitor eliminates the guesswork most people have about their workouts. The benefits are huge—knowing that each workout is an investment in your health—is a HEARTY reward!

## ★ ★ ★ FEATURE ARTICLE ★ ★ ★

# Heart Rate Training Basics

# Zoning Out

**Y**ou've just come back from a cardio workout. When asked if it was a good workout you reply, "It was great!" After all, you worked up a sweat and you were breathing hard at the end. But, was it really a great workout? There's an easy way to tell—strap a heart rate monitor (HRM) around your chest and find out if you really got the benefits you think you did. Technology in the HRM picks up the number of beats from your heart and digitally displays it, usually on a wristwatch worn by the exerciser.

The beauty of HRM's is that they can tell the exerciser if they are working out too hard, not hard enough, or just right.

When wearing your HRM, heart rates are displayed as zones, for example:

**Zone 1: Healthy Heart Zone.** This zone is reached by walking easily, for at least 20 minutes 3 times a week.

**Zone 2: Fat Burning Zone.** Jogging easily for at least 20 minutes puts you in this zone.

**Zone 3: Aerobic Zone.** This zone is reached by running at a moderate pace and means you are burning fat and getting fit.

**Zone 4: Feel The Burn Zone.** Here your heart and muscles are straining to use oxygen to keep you going.

**Zone 5: Redline Zone.** If you're in zone 5, you're going all out and can only maintain the pace for a few minutes.

Pick up a heart rate monitor—they're a wonderful investment in your health. Not only will they let you know if you're working out too hard (or not enough), but after wearing one, you'll be able to say with confidence that you've had a GREAT workout! Be sure to consult a healthcare professional before starting a physical activity program.

Source: *The Heart Rate Monitor Book*, by Sally Edwards

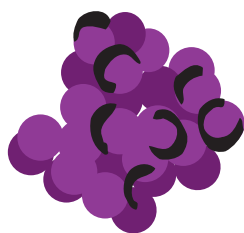
# ***SURVIVING*** ***The Office Cafeteria***

**A** recent survey from The American Dietetic Association reported that over 75% of Americans carefully select foods for health. In the office, it may be a different story. At lunch, people want something quick, fresh, warm, and most of all something that has not been left as a science experiment in the office refrigerator. You decide to ditch the leftovers you brought from last night's dinner and head to the cafeteria for the special of the day.

Cafeteria food items are selected not for health reasons, but chosen for costs, time in

preparation, storage, food safety, and the ability of the food item to take abuse on the cafeteria line. Consider that delicate fat free sauces would breakdown on a warming tray, a leaner burger would toughen on the grill, whole grain bread would quickly become stale, and fresh vegetables would become un-appetizing after several hours in a hot steamer. These facts account for less healthy items on a cafeteria line.

So, how can we make sure we are getting a healthy lunch at the office cafeteria? Here are a few suggestions for surviving the office cafeteria.



1

Seek fresh items such as fruits, vegetables, and non-sweetened natural juices.

2

Watch the salad/sandwich bar for hidden calories and fat.



3

Be aware of portion/serving sizes.

4

Sauces are the enemy. Watch for hamburger patties resting in their own fat broth, meat gravies, and creamed soups.



5

Avoid the vending machine at all costs.

If you find the cafeteria line too long, go for a walk and come back later—you'll feel more refreshed.

