



# The Aerobics Truth...

## What is an effective cardiovascular workout?

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- **Aerobics**, the phrase coined by Dr. Cooper simply means “with oxygen” and Anaerobic means “without oxygen” it’s just that simple.
- At any point in time, you’re using all **three energy systems: Aerobics, Anaerobic, and ATP/CP**. When doing cardiovascular training, a form of interval training will be the most effective way of using all 3 energy systems. Choosing a Fat-burn or Interval Program is not the better choice; does the cardio machine really know when your body is ready to change systems?
- Sweating is **NOT** an indication that you are having a great cardiovascular workout. Try standing outside on the hottest day of the summer without moving, when you sweat, does that mean you are now having a cardio workout?
- *“It’s so typical of Americans to take an idea and extend it beyond what it was originally intended for.”* **The target heart rate zone** created by **Dr. Haskell** while on a plane ride to a meeting, drew a diagram published from 10 different studies originally based on unrelated studies, and was pushed to the front of the line in the fitness industry by misunderstanding and marketing.
- The whole **heart rate zone** thing is based on that inaccurate number that was originally intended for cardiac patients!
- People actually think they are going to get their heart rate to a percentage of what they think is their **heart rate max**, and that's going to **"optimize their fat blasting potential"** because of misleading or misunderstood education.
- **NO** one cardiovascular machine works better than the other. Rather it’s how effective you use the machine. Try letting go of the handles on the treadmill or challenging the intensity on the elliptical or bike.
- If you just thought of cardio in terms of work performed, (**force x distance**), you can micro progress your cardio up to an intensity that would just burn more energy (**calories**)... that's what it all comes down to anyway. In a 30-minute cardio session, you could walk 1 mile, or run two miles... more distance (at that higher intensity) would help you to burn more in the same amount of time.
- So although the person going at a lower intensity will burn a higher **PERCENTAGE** of calories from fat, you aren't burning as many total calories, and aren't burning as much total fat...
- **Running 6.0 mph**, 200 calories, only 40% calories from fat (80 calories from fat) **Walking 3.0 mph**, 125 calories, 50% calories from fat (62.5 calories from fat). Now that you see the calculation done if front of you it makes more sense right?
- If someone wants to burn the absolute **HIGHEST** amount of calories from fat, lie down on the couch and don't move.... that is aerobic, it requires oxygen. Why don't you do it? Because even though almost all of what you burn is fat, there isn't much being burnt...95% of 6 calories isn't much, even though 95% looks like a lot.
- Even if you burned the absolute most amount of fat possible in a **30-minute cardio session**, remember it was only the **percentage** of the number.
- And let's not forget about how many calories a machine shows you during a workout. Remember this fact, most machines never ask **AGE, HEIGHT and SEX** and it always assumes that you are going to challenge the intensity during a 30-60 minute session.
- OH and think of this! **Resistance training IS** aerobics, your heart is always beating and you’re always taking in fresh oxygen, also **cardiovascular training** is resistance training except that you don’t challenge yourself the way you are suppose too. Resistance training is how muscle burns the fat in our body, the more learn muscle you develop the more calories you will burn.
- Remember this *"Exercising does not make one an Exercise Specialist any more than having surgery makes one a Surgeon!"*