



# THE TALON

October 2011

Official Publication of the Eagle Springs Community Association

Volume 3, Issue 10

## Community Calendar

### OCTOBER

### 2011

- 1 ..... **Neighborhood National Night Out**  
1:00 p.m. – 4:00 p.m. / Sports Complex
- 3 ..... **Twin Villas HOA Meeting**  
6:00 p.m. / Clubhouse
- 8 ..... **Fall Festival & Craft Fair**  
2:00 p.m. – 5:00 p.m. / Sports Complex
- 11 ..... **Book Club Meets**  
8:00 p.m. – 10:00 p.m. / Clubhouse
- 14 ..... **Scrapbook Club Meets**  
4:00 p.m. – 10:00 p.m.
- 24 ..... **Landscape Committee Meets**  
7:00 p.m. – 8:30 p.m. / Clubhouse
- 27 ..... **Safety Advisory Committee Meets**  
7:00 p.m. – 8:30 p.m. / Clubhouse
- 28 ..... **M.U.D. 106 Meeting**  
6:00 p.m. – 8:00 p.m. / Clubhouse

**ESCA ON-SITE MANAGEMENT HOURS**  
*Please view at: [www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)  
on the Community Events Calendar*

**TUESDAYS** ..... **Trash & Recycle**  
**FRIDAYS** ..... **Trash Only**

*Event details are inside this issue or  
Online at: [www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)*



## This Month's NEIGHBORHOOD SPOTLIGHT

is on  
**BISCAYNE BEND**

You can read more about this  
Neighborhood on page 4

## Eagle Springs Celebrates NEIGHBORHOOD NIGHT OUT

*Saturday, October 1st*

**Sports Complex & Soccer Fields | 1 – 4 PM**  
See details inside on page 4



## FALL FESTIVAL & CRAFT FAIR

*Saturday, October 8th*

**Sports Complex & Soccer Fields | 2 - 5 PM**  
See details on page 7

## COMMUNITY CONTACT INFORMATION

### EAGLE SPRINGS COMMUNITY ASSOCIATION

**Crest Management Co** ..... 281-579-0761  
 Community Manager..... Bill@Crest-Management.com  
 Clubhouse Rental..... Terri.George@InsideEagleSprings.com  
 Board of Directors..... AsktheBoard@InsideEagleSprings.com  
 Activities ..... Activities@InsideEagleSprings.com  
 Website Administrator.... Terri.George@InsideEagleSprings.com  
 Newsletter ..... ESNewsletter@InsideEaglesprings.com

### EAGLE SPRINGS COMMITTEES

Landscape ... Landscape.Committee@InsideEagleSprings.com  
 Pool..... Pool.Committee@InsideEagleSprings.com  
 Safety Advisory..... SAC@SafetyAdvisoryCommittee.com  
*(Neighborhood Watch)*  
 Sports Fields..... SportsFieldCommittee@gmail.com

### EMERGENCY INFORMATION

**Fire, Medical or Life Threatening Emergency** ..... 9-1-1  
 P-4 Constable Dispatch..... 281-376-3472  
 Humble ISD Police (Schools)..... 281-641-7900  
 Atascocita Volunteer Fire Dept (AVFD)  
*Non-Emergency Number* ..... 281-852-2181  
 Harris County Animal Control ..... 281-999-3191  
 Texas Poison Control Center ..... 800-222-1222

### UTILITIES

Electric, (multiple providers) ..... www.powertochoose.org  
*Power Outages* ..... 713-207-7777  
*Street Light Outages* ..... 713-207-2222  
 Gas, Centerpoint Energy..... 713-659-2111  
*Gas Leaks* ..... 713-659-2111  
 Water, Severn Trent ..... 281-579-4500  
*24 Hour Emergency Number* ..... 281-209-2100  
 Telephone, Centurylink..... 877-290-5458  
 T.V./Internet *(multiple providers)* ..... www.allconnect.com  
 Trash, Best Trash ..... 281-313-2378  
 Recycling, Residential Recycling of Texas ..... 866-516-9805  
 Humble Post Office..... 281-540-1775

### SCHOOLS

Humble ISD ..... 281-641-1000  
*Website* ..... www.humble.k12.tx.us  
 Eagle Springs Elementary ..... 281-641-3100  
 Atascocita Springs Elementary..... 281-641-3600  
 Timberwood Middle School..... 281-641-3803  
 Atascocita High School ..... 281-641-7500

### NEWSLETTER PUBLISHER

Peel, Inc. .... 888-687-6444  
 Advertising..... advertising@PEELinc.com

## EAGLE



## SPRINGS

*Crime Stats*

*Aug. 2011*

Burglary of a Habitation.....	1
Burglary of a Motor Vehicle (BMV) .....	28
Theft from a Habitation.....	0
Theft of Motor Vehicle.....	1
Theft Other .....	3
Robbery.....	0
Assault .....	0
Sexual Assault .....	0
Criminal Mischief .....	3
Disturbance Family.....	2
Disturbance Juvenile.....	1
Disturbance Other.....	11
Alarms .....	37
Suspicious Vehicles .....	16
Suspicious Persons .....	7
Runaways .....	0
Telephone Harassment.....	0
Other Calls.....	76

A full version of Crime Stats for Eagle Springs can be viewed at: [www.OutsideEagleSprings.com](http://www.OutsideEagleSprings.com); click on the Groups Tab; then Safety Advisory Committee, they are located under the Files Menu.

## REMINDER! - NO PETS

Pets are not allowed at community events, on the baseball fields, or inside the tennis courts, with the exception of guide dogs or pets that are actual participants of an event. This is to ensure the safety and enjoyment of all residents in our community. As a courtesy to your neighbors and fellow residents, please remember to pick up after your pet!

*Your cooperation is appreciated!*



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## Sell Now or Later?

Autumn is a great time of year as school begins; fall festivals, football, and great family holidays like Thanksgiving and Christmas are just around the corner.

Sell now or after the first of the year is a question that I'm frequently asked this time of year. Following are several things to consider when making your decision.

### Putting your home on the market now:

- Buyer activity continues to be strong in the market place
- As of October 1st, Buyers have approximately 6-8 weeks to find a home, and execute a contract so they can take advantage of being in the home to qualify for the homestead exemption. (Note: In order to qualify for homestead exemption, a person must occupy the property by December 31, 2011.)
- Relocation buyer activity picks up as companies finalize their moves for the year end time frame.
- Buyers with school age children take advantage of the opportunity to move during the winter break when their children are out of school.
- First-time home buyers that are currently renting, begin their search as their leases come up for renewal at year-end.
- Buyer activity will decrease after November 18 until mid January due to the end of year holiday season.
- Having your home located in an area where there are new construction homes currently being built can offer strong competition, as the builders offer year end close out incentives to buyers currently in the market that purchase by year end.

### Putting your home on the market after the first of the year:

- Buyer activity picks back up in Mid-January with an increase as buyers head into the spring selling season.
- Buyers have funds from income tax returns that can be used towards a down payment
- Provides seller additional time to prepare the home to go on the market. Staging and appearance are key factors when you place the home on the market due to overall housing inventory currently for sale, you want to do everything possible to make your home stand out.

Is relocation for a job or some other reason in your future? Our brokerage is equipped to work with multiple relocation companies such as Cartus, Brookfield, Weichert, and many others. Our agents have had extensive training related to relocation transactions. We can also assist with transactions out of the area. We are a Cartus-Affinity Network Associate Broker.

Every selling opportunity is unique. If you're considering placing your home on the market to sell, give me a call to discuss your options. I realize you have a choice, so I appreciate the opportunity to assist you with selling your home. In this challenging market, it's important to have a trained professional on your side. Give me a call today to schedule a time to meet so we can help you navigate a successful transaction.

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**Rebekah Snipp**  
Realtor, ABR, CDPE  
Direct: 832-814-6120  
[rsnipp@century21.com](mailto:rsnipp@century21.com)

**Mark Snipp**  
Broker, GRI  
Direct: 832-859-9113

Websites:  
[majorleaguehomes.com](http://majorleaguehomes.com)  
[prayingrealtors.com](http://prayingrealtors.com)



# EAGLE SPRINGS

## Neighborhood Spotlight **BISCAYNE BEND**

*Biscayne Bend was started in 2009 and has grown to approximately 75 homes built by Lennar and Highland Homes.*



We are located off of Valley Lodge just walking distance to the new Atascocita Springs Elementary school. We are a small section with no major intersecting streets allowing us to enjoy little traffic and a quiet place for our children to play. Our homeowners consist of a mix of young and older families with plenty of kids, and a few more on the way! We see the value of knowing all our neighbors and frequently have block parties and holiday get-togethers. It is very common to see residents riding bikes, playing outside or just socializing with neighbors. Some of our residents are involved in neighborhood activities such as co-ed softball and ultimate frisbee.

Holiday decorations are big in our section ranging from Christmas lights to American flags at our veterans homes. Last year we even had a Haunted House for Halloween. With just a few remaining home-sites, there is still time for you to join the Biscayne Bend family. Our neighborhood representatives are Sam Poe (sampo2003@yahoo.com) and Jeremiah Carter (jeremiahcarter1@yahoo.com).

*Please feel free to contact us with any concerns.*



## **Eagle Springs Neighborhood NATIONAL NIGHT OUT**

**SATURDAY, OCTOBER 1ST**

**1:00PM TO 4:00PM**

**SPORTS COMPLEX**



### **LOTS OF FUN FOR EVERYONE!**

*Bounce Houses, Giant Obstacle Course, Dunk the Deputy featuring our own Patrol Sergeant, Sgt. Bloomfield (here's your chance to get even), Life Flight is scheduled to land once again on our Soccer Fields, K-9 Unit Demonstrations, Harris County C.E.R.T., Mounted Patrols, Fire Trucks, Trackless Train, Food, Music & more...*

*All FREE thanks to our wonderful sponsors!*

HEB, Kroger, Highland Homes, D.R. Horton, Rebekah Snipp – Century 21, Amanda Harris – Off to Neverland Travel, Asthma & Allergy Associates, Bourbon Street Boutique

## *Eagle Hatchlings*

**TIMOTHY "REED" YATES**

September 2, 2011

Proud Parents: Tim and Marla Yates

Big Sister: Marlie

Neighborhood: Arlington Park

**OSCAR RENE ESPINOZA II**

August 23, 2011

Proud Parents: Oscar R Espinoza  
and Carol J Salazar

Neighborhood: Biscayne Bend

**AMAURY ISAAC RODRIGUEZ**

Born: August 19, 2011

Proud Parents: Arnold  
and Maria Rodriguez

Neighborhood: Sierra Bridge

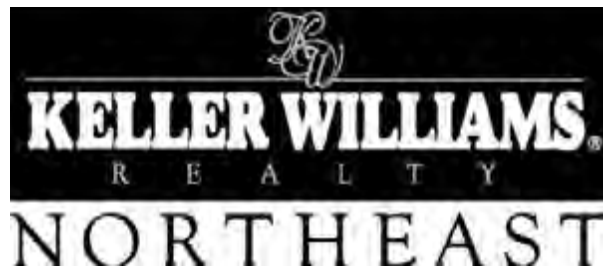
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## **TAXES – New Homestead Exemptions**

Effective September 1, 2011: To qualify for a residential homestead exemption you must provide HCAD with a copy of either your TX driver's license or TX ID Card. The address on your driver's license or ID card must match the physical address of the residence for which you are applying. This means that if you purchased a home in 2011, the form you have to claim the property as a homestead is incorrect.

Tracy Montgomery will be sending her clients instructions and new forms so that they can receive the tax benefits that can be yours. If you are not a client of Tracy Montgomery and you purchased a home in 2011 we would still love to help and can ensure you receive the correct forms. Please contact us at [tracy@tracysoldit.com](mailto:tracy@tracysoldit.com)

October brings beautiful weather, time outdoors with friends & family, and the Holidays. It can also be an opportunity for predators to take advantage of unsuspecting individuals, especially around Halloween. Check out my tips to safely navigate Halloween:

Go online to find sex offenders that may live in your neighborhood.

If you let your kids go trick or treating without you, know the route they are taking & have them check in with you every hour. The best option is to have at least one adult with them.

Kids will be kids. Make sure your children know the difference between tricks & vandalism.

Serve your kids a filling meal before sending them out for candy. If they're full, they may be less likely to eat candy before allowing you to check it out to be sure it's safe.

Be sure your kids know how to cross the street safely. Take the time to explain why.

Talk to your kids about never getting into strangers cars. No matter what they offer.

**\*\*Please join us at our Keller Williams Sponsored Monthly concert on Friday, October 21 from 7:00 pm-10:00 pm at the Kings Harbor. This event recurs on the Third Friday of each Month**

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## CONSTABLE'S CORNER

*Sgt. Bloomfield,  
Harris County  
P-4 Constable*

## SAFETY TIPS

### AVOID BEING A ROBBERY VICTIM!

*Always conceal what you have to steal,  
such as money or a cell phone.*

Cell phones are just like cash—when thieves see a cell phone they want it. To be safe, treat your cell phone like your cash: don't let anyone know you have it.

*Call the CD4 non-emergency number,  
(281)376-3472, to report suspicious persons.*

The police want to hear from you, and you could prevent a crime! Provide as much information as possible, including the time you noticed the person, the clothing worn, the shoes worn, and the manner in which the person walked.

### THE STREET

- Be aware of who is around you. If someone looks suspicious or makes you feel uneasy, avoid that person. Go inside a store or business if necessary.
- If you must make a call while you are walking, go to a safe, public place, like a store. Make your call, then conceal your phone the way you would conceal your cash before going back to the street.

### YOUR CAR

- When leaving your car, lock it and close the windows. Take your key. Don't leave items inside the car, even if you think they look like trash—they'll still look attractive to a thief.
- When you get in the car, close and lock the doors immediately. Keep the doors locked and the windows rolled up.
- Avoid making cell phone calls while driving. If you must make a call, pull over and keep an eye on who is near your car.

### AT HOME

- When you are exiting or unloading your car, when walking from your car to your home, or when spending time in your front yard, follow these precautions:
- Be cautious of anyone on the street who makes you feel uneasy.
- If you view such a person and are in the front yard, quickly go inside and lock the doors. If you are in a car, stay in the car with locked doors and windows. Either use a cell phone to call someone to escort you inside, or drive away and come back later.
- Never, ever open your door to anyone you do not know.

*(Continued on Page 7)*

## Constable's Corner -(Continued from Pg. 6)

### THE ATM

- Use ATMs in well lighted, populated areas. Store and bank ATMs during the day are best. Scan the area before using the ATM. If you see a person loitering in the area for no apparent reason, go to another location.
- If you see something strange during your transaction, push cancel, take your card, and leave the area.
- After the transaction, be alert. You'll have cash in hand making you a possible target.
- Scan the area. Leave immediately. If you suspect danger, promptly enter the nearest store or building.

*If you wish to report any incidents of Robbery within the community contact the Harris County Pct 4 Constables Office dispatch line at (281)376-3472.*

## New Activities Coordinator

*Hello,*

My name is Michell Western and I am your new Eagle Springs Activities Coordinator. My husband and I have been residents of Eagle Springs for 5 years now and have had the opportunity to watch our community grow. I enjoy scrapbooking, photographing my two children, and spending time with my family. I am excited to take on this role with plans to continue the growth of our current events and implementing a few new events and activities for all ages.

If you have any suggestions or recommendations for future events, I would love to hear from you! You may reach me at: [Activites@InsideEagleSprings.com](mailto:Activites@InsideEagleSprings.com)

## Annual FALL FESTIVAL & CRAFT FAIR

**SATURDAY – OCTOBER 8TH  
2:00 P.M. TO 5:00 P.M.**

*-Lots of fun and games for everyone!*

-Carnival Rides

-Bounce Houses

-Rock Wall

-Petting Zoo

-Halloween Costume Contest  
starting at 4:00 p.m.

-Craft Fair will be on the  
Soccer Fields during the event.

*-Kids can Play while Mom & Dad Shop!*

### QUESTIONS?

*Activities@InsideEagleSprings.com.*

*More info available at  
[www.INSIDEeagleSprings.com](http://www.INSIDEeagleSprings.com)*

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### ATASCOCITA (Open October 2011)

19143 W. Lake Houston Parkway  
W. Lake Houston Pkwy at FM 1960  
**281-540-9113**

## DRIVE SLOW & TURN OFF CELL PHONE FOR SCHOOL ZONES!

*From Humble ISD*

Humble ISD Police Department Targets School Zone Offenders!

When the school bells ring, Humble ISD law enforcement officers will be out. Humble ISD PD Chief Solomon Cook wants to remind parents and driving-age students to turn off their cell phones and slow down when passing through one of Humble ISD's numerous school zones.

Texas House Bill 55, which went into effect September 1, 2009, prohibits the use of wireless communication devices within a school-crossing zone. Additionally, House Bill 2730 and House Bill 339, enacted by the 81st Texas Legislature restricts all drivers under the age of 18 years from using a wireless communication device while operating a motor vehicle.

"Our department will be visible on the roadways and we will be issuing citations," according to Cook.

The maximum fine for violating the cell phone law is at least \$200. The minimum fine for driving one to 35 miles over the posted speed limit in a school zone is \$275; more than 36 miles over, its \$305; and failure to stop for a school bus is \$475.

Cook recommends the following road rules for back to school: drive slowly in school zones; watch for children in the road and always obey crossing guards; put your phone, breakfast, make-up, etc. away and focus on driving; and most importantly, be alert and patient around school buses and bus stops.

The elementary schools in Eagle Springs would also like to remind all parents who drive their children to and from school, that they should utilize the proper drop off/pick up procedures. There have been numerous complaints by residents living near the schools of parents using their streets to drop off and pick up their children, rather than the school line.

They are blocking driveways and inconveniencing the residents who live on those streets. Please be courteous to

your Eagle Springs neighbors and set a good example for your children by following the school rules and utilizing the proper protocols to help ensure the safety of all our children.



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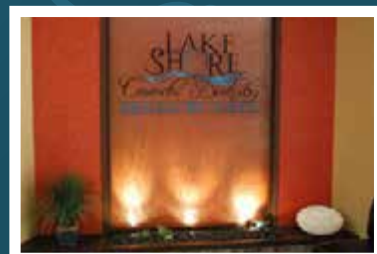
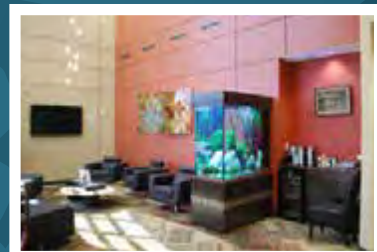
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## Safety Advisory Committee Updates

### ONLINE SURVEY

If you have not yet taken the online survey, please do so by October 10th. The survey results will be reviewed by the committee and posted for all residents by the end of October.

### ANNUAL COMMITTEE ELECTIONS OCTOBER 27TH

Our annual committee elections will be held this month. Anyone interested in being a part of our committee is welcome to run for one of the positions that will be coming up. All residents are eligible to run. Upcoming positions include: Secretary, Voting Member 1 and Voting Member 3. If you are interested in one of these positions, just come to the meeting and add your name for nomination. Or, come and vote for one of your neighbors! Light refreshments will be available. Please contact the committee for questions.

SAC meets in the Clubhouse from 7:00 to 8:30 p.m. on the 4th Thursday of the month. Our Constable Patrol Supervisor is in attendance to go over current crime trends and answer any resident's questions or concerns. For immediate questions or concerns, please contact us at: [SAC@SafetyAdvisoryCommittee.com](mailto:SAC@SafetyAdvisoryCommittee.com)

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## Eagle Springs New Management Team

*The team members dedicated to Eagle Springs  
Community Association, Inc. are as follows:*

### COMMUNITY MANAGER

Bill Higgins, CMCA ..... [Bill@crest-management.com](mailto:Bill@crest-management.com)  
.....281-945-4625

Contact Bill for maintenance items,  
contractor issues and Board requests

### ASSISTANT COMMUNITY MANAGER

Laura Pate..... [Laura@crest-management.com](mailto:Laura@crest-management.com)  
.....281-945-4629

Contact Laura for deed restriction  
and architectural control matters.

### COMMUNITY ACCOUNTANT

Joanne McIntyre ..... [Joanne@crest-management.com](mailto:Joanne@crest-management.com)  
.....281-945-4622

Contact Joanne for payment and accounting matters.

### ON-SITE DIRECTOR & COMMUNITY WEBSITE ADMINISTRATOR

Terri George..... [Help@InsideEagleSprings.com](mailto:Help@InsideEagleSprings.com)  
.....281-812-8194

Contact Terri for clubhouse reservations,  
HOA forms & documents, pool & access cards,  
website issues, and general help or questions.

### COMMUNITY ACTIVITIES COORDINATOR

Michell Western ..... [Activities@InsideEagleSprings.com](mailto:Activities@InsideEagleSprings.com)  
.....281-812-8194

Contact Michell for community events.

### CREST MANAGEMENT'S MAIN OFFICE NUMBER

.....281-579-0761.  
Monday - Friday ..... 9:00 a.m. to 5:00 p.m.

On-site staffing will be provided at the new  
On-Site Management Office located inside the  
Eagle Springs Clubhouse at: 17821 Eagle Springs Pkwy.

On-Site Hours are located online at:

[www.INSIDEEAGLESprings.com](http://www.INSIDEEAGLESprings.com)

under Community Events Calendar on the homepage.  
Hours will also be posted on the bulletin board outside the  
Clubhouse. We look forward to working with Crest Management  
and the new team dedicated to Eagle Springs!



## HEALTH BRIEFS

### OCTOBER 2011



#### TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

#### VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS

Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the

healthy bone equation but studies show that it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

#### SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they have other side effects, including dry eyes

and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

#### BEST BETS IN BEVERAGES FOR KIDS

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

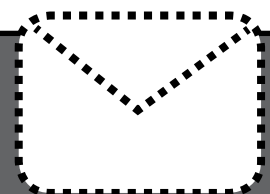
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*Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.*

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## Target Heart Rate Range for Cardiovascular Exercise:

DO YOU KNOW YOURS? - By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

**A few things to remember about calculating target heart-rate range (THRR):**

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions**

**like pregnancy, health issues, and some medications can affect your heart rate.**

- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is  $220 - \text{your age}$ .

**Calculating your target heart-rate range:**

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____}$   
(low end of THRR)

$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____}$   
(high end of THRR)

— Step 1 —

**Calculate your resting heart rate.**

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— Step 2 —

**Determine what training zone you will use based on your current level of fitness.**

Estimates provided by [www.acefitness.org](http://www.acefitness.org): Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

(Continued on Page 15)



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## Target Heart Rate....- (Continued from Page 14)

### — Step 3 —

**Calculate your target heart-rate range using the Karvonen formula.**

### — Step 4 —

**Learn how to use this heart-rate range regularly in your cardiovascular workouts.**

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

**Using this calculation, her target heart-rate range is 138 – 164 beats per minute.**

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

### **Follow these steps for success:**

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
  - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count,

as this would equal 130 – 170 beats in a minute, which aligns with her THRR.) – She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.

- Practice and learn to take your pulse properly.  
Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
  - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
  - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
  - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

***Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.***



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