

THE

NEWS FOR THE
RESIDENTS OF
TIMARRON

Talk

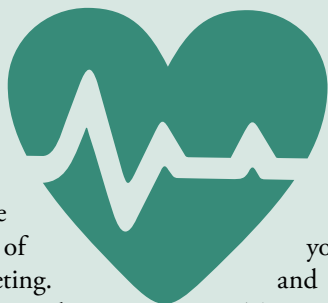
October 2011

Volume 5, Issue 10

TARGET HEART RATE RANGE FOR CARDIOVASCULAR EXERCISE:

Do You Know Yours?

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 – 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)

(Continued on Page 2)

2011 Annual Southlake Carroll PTO Craft Fair

The Southlake Carroll PTO Craft Fair will be held at Carroll Senior High School on Saturday, November 5th from 9:00 am - 5:00 pm and Sunday, November 6th from 11:00 am - 5:00 pm. This annual event features more than 100 booths offering a wide selection of items including jewelry, candles, home decor, ornaments, and gifts just in time for the holiday shopping season. Carroll Senior High School is located at 1501 West Southlake Blvd, Southlake, TX.

All proceeds from the Craft Fair directly benefit Project Graduation, a drug- and alcohol-free event designed to provide a fun and safe environment for our seniors to celebrate their graduation. This event has proven to be the most effective means of combating needless accidents and deaths involving graduating teens on one of the most important nights of their lives. In support of Project Graduation there is a suggested Craft Fair entry donation of \$3/ adult, \$1/student.

Mark your calendar to shop Craft Fair weekend -- an annual event the entire community supports and anticipates! For more information, visit www.sccraftfair.webs.com

Newsletter Information

Publisher

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Articles..... timarron@peelinc.com
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Article Submissions

Interested in submitting an article? You can do so by emailing timarron@PEELinc.com or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 15th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for *The Talk*. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

Advertising Information

Please support the businesses that advertise in the *The Talk*. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or advertising@PEELinc.com. The advertising deadline is the 20th of each month for the following month's newsletter.

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Timarron residents, limit 30 words, submit before the 15th of each month. Please e-mail timarron@peelinc.com

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com.

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LEGAL ACCESS - nationwide network of quality law firms - #1 legal service in North America. Family plans start at \$17/ month. Includes Will package, unlimited consultations, letters/ phone calls, contract review, motor vehicle & trial defense; IRS audit legal services, 24/7 emergency access + the ONLY complete identity theft solution. Small biz plans available. <http://tara.prepaidlegal.com> or 949.375.0454.

Target Heart Rate- (Continued from Cover Page)

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: 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.)

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%:

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

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

(Continued on Page 3)

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Target Heart Rate- (Continued from Page 2)

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.

SEND US YOUR Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to timarron@peelinc.com. Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at www.PEELinc.com.



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THE TALK

BRITT'S BOOK BUZZ: THE HUNGER GAMES

by Suzanne Collins

Remember the compelling and cult-following TV show, *Lost*? To me, *The Hunger Games* is the literary equivalent in that the writers creatively demonstrated survival and unity when faced with extremely harsh circumstances. The difference is that while *Lost* was the result of a plane crash on a strange island where anything could happen, *The Hunger Games* is ruled by the Capitol where young adults fight to the death as a form of entertainment for the government.

Set in the not so distant future, North America as we know it has been completely reorganized into separate districts (12 of them) all closely controlled by the militant, big brother, harsh "Capitol." These districts were formed when the Earth had become so violated environmentally and morally that war broke out. As a reminder to all of the segregated districts that rebellion is not tolerated, there is a yearly "Hunger Game" where a male and female from each district aged 12-18 is chosen at random to fight each other to the death. There can only be one victor and everything is televised, complete with sponsors.

It is in district 12 that the heroine, Katniss Everdeen lives with her mother (a healer) and her younger sister. Her father was killed in a mining accident but left his oldest daughter with the gifts and talents of hunting, which is her family's key to survival.

When Katniss' sister is chosen as one of the "tributes" to fight in the hunger games, Katniss volunteers in her place. Her male counterpart, Peeta, is also chosen.

Their experience at the Capitol and the whole tradition around the hunger games is so intriguing and fascinating as are the people they encounter. However, it is the way the hunger games are so carefully and technologically orchestrated and Katniss' amazing ingenuity and will to live and survive that kept me reading and enjoying the brutal, yet thoroughly entertaining book. At the time I am writing this review, I am already on the final book of the trilogy!

This book has it all -- a love triangle, a heroine, an underdog, fighting, mystery, science fiction--it is a reader's big Kit Kat bar!

Feel free to comment on this review, your thoughts on the book or suggest a book for me to review on my blog:

<http://brittsbuzz.blogspot.com>



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1430 Byron Nelson Pkwy	\$1,700,000	403 Atherton Circle	\$900,000	1205 Lansdowne Court	\$675,000	125 Creekway Bend	\$550,000
1600 Byron Nelson Pkwy	\$1,598,800	7216 Braemar Terrace	\$899,900	1203 Strathmore Drive	\$674,900	1320 Regency Court	\$550,000
1208 Chadwick Crossing	\$1,500,000	2102 Conner	\$899,900	1420 Bent Creek Drive	\$669,800	714 Wentwood Drive	\$549,900
1413 Eagle Bend	\$1,400,000	1329 Province Lane	\$899,500	607 Aberdeen Way	\$664,900	2213 Collins Path	\$529,900
1632 Byron Nelson Pkwy	\$1,399,000	2007 Caspian Lane	\$799,000	515 Regency Crossing	\$640,000	1713 Prince Meadow Drive	\$479,900
1715 Byron Nelson Pkwy	\$1,395,000	804 Aberdeen Way	\$760,000	1205 Strathmore Drive	\$639,000	1475 Bent Trail Circle	\$478,800
1516 Byron Nelson Pkwy	\$1,395,000	7206 Brooke Drive	\$759,900	1409 Waltham Drive	\$625,000	700 Aberdeen Way	\$475,000
1203 Earlston Court	\$1,375,000	1315 Regency Court	\$749,900	1808 Caspian Lane	\$620,000	721 Bryson Way	\$468,000
1426 Eagle Bend	\$1,295,000	1907 Caspian	\$748,000	526 Queensbury Turn	\$615,000	600 Northwood Trail	\$444,900
1319 Eagle Bend	\$1,275,000	7300 Thames Trail	\$745,800	706 Wentwood Drive	\$615,000	927 Midland Creek Drive	\$439,900
402 Bryn Meadow	\$1,250,000	1700 Thames Trail	\$737,500	1303 Byron Nelson Pkwy	\$615,000	345 Highland Oaks Circle	\$439,900
1204 Strathmore Drive	\$1,200,000	1305 Regency Court	\$715,000	716 Aberdeen Way	\$600,000	714 Longford Drive	\$439,700
1321 Province Lane	\$1,175,000	2217 Collins Path	\$709,900	1315 Avon	\$585,000	606 Heatherglen Drive	\$438,000
402 Atherton Circle	\$1,074,800	1312 Byron Nelson Pkwy	\$699,999	604 Blair Court	\$582,800	712 Heatherglen Drive	\$429,900
1205 Province Lane	\$932,000	7203 Stilton Court	\$699,950	7201 Balmoral Drive	\$579,900		

Statistics as reported by NTRIS as of 9/23/2011

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1409 Eagle Bend	\$1,449,000	710 Aberdeen Way	\$ 495,000
413 Borders Court	\$ 975,000	706 Longford Drive	\$ 462,500
1670 Bent Creek Drive	\$ 790,000	604 Heatherglen Dr.	\$ 440,000
517 Villa Crossing	\$ 635,000	704 Bryson Way	\$ 430,000
1329 Montgomery Lane	\$ 610,000	709 Bryson Way	\$ 416,000
1417 Monarch Way	\$ 606,250	943 Midland Creek Dr.	\$ 328,000
1308 Montgomery Lane	\$ 600,000		