



exercising options

Myrna Partrich

A theory or two for heart rate followers

Dear Myrna: I am a 30-year-old woman getting started in aerobic exercise. I go to a health club for aerobic classes. They take heart rates before and after class. That is great, but I don't know anything about heart rates — what's good, what's not good? Maybe I shouldn't know. It may make me nervous.

Don't be nervous about taking a heart rate, but don't take it too seriously either. Many times an aerobic class exercise will make a mistake by a heart or two and God-forbid, in all our classes in and out of the studio, we prefer to use a method called perceived exertion. Working on a scale of one to 10, the exerciser should work six to eight and be able to talk, not sing. This method has been found to be more accurate than taking heart rates, although everyone should understand the heart rate theory.

Because different people have different levels of fitness, exercise physiologists have developed a formula by which you can measure your maximum heart rate and aerobic threshold rates. Although a stress test, done on a treadmill and monitored by electrodes, is the best way to determine your maximum heart rate, the following formula is used by exercise professionals. Are you ready?

Take the number 220 and subtract your age. This equals your maximum heart rate. Using your age — your maximum heart rate is 190. Now, to determine an exerciser aerobic threshold level (you are working at an aerobic pace), take 70 to 80 percent of 190. This equals between 133 to 152 beats per minute. Since you are just starting work your way from 133 to 152 (and even a little higher eventually) slowly. This is assuming you are sustaining an aerobic heart rate at least 20 minutes.

For shorter sprint intervals, you want to get the heart up to within 10 percent of maximum. Your heart can be exercised to pump harder and faster, therefore, being able to pump greater amounts of blood more quickly, due to strengthened heart muscles. Sprint intervals are to strengthen recovery and settle back into a lower rate after this burst.

Do not overexert yourself. Take this all lightly. Relax and enjoy exercise. Don't get all hung up on a heart rate.

(Myrna Partrich, co-owner of The Workout Company Inc. of Birmingham Township, and a member of the President's Council on Physical Fitness, is happy to answer any questions readers may have regarding exercise. Send your letters to: Sports Department, Myrna Partrich, 805 E. Maple, Birmingham 48099.)

Icy records warm winter catch

When the blustery winds of autumn blow in the northern climes, the frozen waters of lakes and rivers beckon the hardy ice fisherman to try his luck.

"The ice fisherman's chance of catching a world record is probably as good or better than during the open water season," said Ted Dzilo, director of the National Freshwater Fishing Hall of Fame. "It's a matter of record that angling through the ice produces proportionately more trophy size catches of certain species of fish."

Braving the elements offers another advantage. The flesh of fish caught in very cold water is much more firm and tastier than warm water catches.

ICE FISHING need not be an uncomfortable experience if certain basic guidelines are followed.

Several layers of clothing can be warmer than a heavy single garment. A hooded snowmobile suit over lighter garments is a wise choice.

Probably the most critical body parts to keep warm and dry are the feet. Modern insulated, water-repellent boots, or boot liners worn in snowmobile style boots serve well to keep feet dry and comfortable. Again, two layers of medium weight socks are warmer than a single pair of heavy socks.

The following is a list of the current ice fishing records compiled by the National Freshwater Fishing Hall of Fame in May of 1990. The records are listed in pounds and ounces. If you have a species in your catch that is not listed, please call the National Freshwater Fishing Hall of Fame at (312) 350-4440 for more information.

Species	Pole-and-line	Tip-up
Largemouth Bass	9.0	9.0
Smallmouth Bass	10.0	10.0
Brook Trout	10.0	10.0
Yellow Perch	10.0	10.0
Rock Bass	10.0	10.0
White Bass	10.0	10.0
Striped Bass	10.0	10.0
Walleye	10.0	10.0
Crappie	10.0	10.0
Bluegill	10.0	10.0
Golden Shiner	10.0	10.0
White Crayfish	10.0	10.0
Blue Crayfish	10.0	10.0
Red Drum	10.0	10.0
Black Drum	10.0	10.0
Spot	10.0	10.0
Atlantic Croaker	10.0	10.0
Atlantic Silverside	10.0	10.0
Atlantic Herring	10.0	10.0
Atlantic Mummichog	10.0	10.0
Atlantic Rock Bass	10.0	10.0
Atlantic Striped Bass	10.0	10.0
Atlantic White Bass	10.0	10.0
Atlantic Yellow Perch	10.0	10.0
Atlantic Walleye	10.0	10.0
Atlantic White Crayfish	10.0	10.0
Atlantic Blue Crayfish	10.0	10.0
Atlantic Red Drum	10.0	10.0
Atlantic Black Drum	10.0	10.0
Atlantic Spot	10.0	10.0
Atlantic Atlantic Croaker	10.0	10.0
Atlantic Atlantic Silverside	10.0	10.0
Atlantic Atlantic Herring	10.0	10.0
Atlantic Atlantic Mummichog	10.0	10.0
Atlantic Atlantic Rock Bass	10.0	10.0
Atlantic Atlantic Striped Bass	10.0	10.0
Atlantic Atlantic White Bass	10.0	10.0
Atlantic Atlantic Yellow Perch	10.0	10.0
Atlantic Atlantic Walleye	10.0	10.0
Atlantic Atlantic White Crayfish	10.0	10.0
Atlantic Atlantic Blue Crayfish	10.0	10.0
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Atlantic Atlantic Black Drum	10.0	10.0
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