



## “The Low Down on Fitness Terms”

by Ted Loo, personal fitness trainer

We are constantly bombarded with fitness acronyms. To help you better understand this fitness speak, here is a brief description of some of the most common terms. I will expand on these descriptions in more detail in future monthly tips.

- 1. Body Mass Index (BMI)**  
A measurement of appropriate weight based on a height/weight ratio. Recent studies indicate though, that the ratio between waist/hip (belly fat test) is a more effective measurement of body fat.
- 2. Metabolism**  
The chemical and physical processes continuously going on in the body. Get physical as exercise and activity is the best way to increase your metabolism.
- 3. Target Heart Rate (THR)**  
The heart rate range that if maintained for a minimum of 20-30 minutes will produce training effects on the heart. Target heart rate is unique to each individual depending on age and it's important to stay within in this range as training below is of little benefit and above could place strain on the heart.
- 4. Periodization**  
The structured and sequential development of physical activity by organizing training regimens into blocks of training cycles. It's a long-term workout schedule that keeps you moving towards your goal.
- 5. Cross Training**  
The training in one activity to improve performance in another, which helps prevent overuse injuries.
- 6. Interval Training**  
The body is subjected to short, regular and repeated periods of intense exercise interspersed with periods of rest. The results are more calories burned and increased endurance as you are forced to work harder.
- 7. Aerobic Exercise**  
Exercise in the presence of oxygen. Oxygen is one of the elements that muscles use for fuel and when the demand for oxygen exceeds supply, the exercise becomes anaerobic. This happens during high intensity exercise such as sprints or intervals.
- 8. Endurance**  
The time which the body can perform physical tasks. Endurance allows us to not only enjoy a workout but also things like golf, gardening or playing with the kids.
- 9. Overload Principle**  
To improve fitness levels by progressively increasing the speed, weight and/or duration of exercise activities.