

# Putting Heart Zones to Work for You






**Instructions:** Check the box below on the left if you can answer truthfully that you are ready to take Heart Zones home and put it to work for you and for your heart. Know that we are always available to support and help you and provide you with the tools and resources to be successful.

*Sally Edwards*, the Head Heart, Heart Zones USA

Personal Trainers and Indoor Cycle Professionals		
<input type="checkbox"/>	<b>Walk the Talk.</b>	Put the heart into your training. <a href="#">Use your monitor</a> , keep track of <i>your</i> workouts
<input type="checkbox"/>	<b>Teach</b>	Teach all classes at your club using <a href="#">Heart Zones Training methodology</a> .
<input type="checkbox"/>	<b>Schedule</b>	Go to your Club Manager/Fitness director and show them the materials and that you want to get Heart Zones Training started in the Club
<input type="checkbox"/>	<b>Lead</b>	Offer a series of <a href="#">Heart Zones Training Workshops</a> to your community and club. Lead a consumer training.
<input type="checkbox"/>	<b>Health Club Program</b>	Start a <a href="#">“Club Program” like the 8-week event specific goal based program</a> : 5K-5Mile Run/Walk Program ½ Marathon 3 Hour Indoor Cycle Marathon Team Training for First Triathlon
<input type="checkbox"/>	<b>Corporate or Hospital Programs</b>	Fixed Time-Fixed Fee: 12 people, meet 1x per week for 3 consecutive week with one-on-one sessions/30 min. each + 1 post follow-up, 3 weeks in a group setting for 45 min. for \$2,100 = \$50/hour + future personal training on a recurring series. Session 1. Sub-Max Testing Session 2. Programming monitor + workout Session 3. Fitness Testing Workout Session 4. Post Follow-up
<input type="checkbox"/>	<b>Sign Up</b>	Sign up to become a member of the <a href="#">Professional Resource Zone</a> which includes wholesale pricing, handout, resources, articles, and more.
<input type="checkbox"/>	<b>Use</b>	Get your club or group to use Saris CycleOps trainers for their club.
<input type="checkbox"/>	<b>Package</b>	Put <a href="#">Heart Zones Training</a> into a Personal Training Packages: Offer 5-10 session on topics

Coaches		
<input type="checkbox"/>	<b>Finish</b>	Complete all of the coursework requirements plus take additional classes for other certifications including CPR.
<input type="checkbox"/>	<b>Organize</b>	Start a team. This is key. This <a href="#">is event-based group training</a> .

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<input type="checkbox"/>	<b>Use</b>	Use your program manual – <a href="#">Group Training Programs</a> – to lead 4x per year event based training – 5K/5mi, 3 Hour Indoor Cycling, ½ Marathon, and Sprint Tri.
<input type="checkbox"/>	<b>More</b>	Take a primary certification from USA Track and Field, USA Swimming, or USA Cycling.
<input type="checkbox"/>	<b>Start</b>	Start your own “ <a href="#">Garage Gym</a> ” just like <a href="#">Pinkhouse has</a> . We provide you with a free franchise.
<input type="checkbox"/>	<b>Get Monitors</b>	<a href="#">Purchase a few heart rate monitors</a> , GPS tools, etc. and begin your own “demo” monitor program. Use a check out station and take it with you to every group session.
<input type="checkbox"/>	<b>Dedicated</b>	Pledge to yourself your absolute dedication to your athlete’s success.

## Everyone

<input type="checkbox"/>	<b>Complete</b>	From your Basic Syllabus complete your fitness training plan – 10 Step Program.
<input type="checkbox"/>	<b>Read</b>	Choose from the 10 Heart Zones Training Books
<input type="checkbox"/>	<b>Visit</b>	Go the Heart Zones website. Read the newsletter archives or go to the free resources or print off a workout.
<input type="checkbox"/>	<b>Measure</b>	<a href="#">Retest for your Maximum heart rate or your Threshold Heart Rate</a> to make sure your Zones are accurate. Measure your delta heart rate daily Measure your ambient heart rate daily.
<input type="checkbox"/>	<b>Blog</b>	<a href="#">Blog with Sally</a> , the head heart – she loves it and you learn at the same time!
<input type="checkbox"/>	<b>Attend</b>	<a href="#">Attend the Heart Zones Conference</a> every year and learn the latest in training – emotional, physical, and metabolic health.
<input type="checkbox"/>	<b>Digest</b>	Click on <a href="#">Resources</a> and read the different articles including “White Paper” How to Enlarge Your Fat Burning Range”.
<input type="checkbox"/>	<b>Workout</b>	Each <a href="#">month Heart Zones posts a new workout</a> on the website – challenge yourself to complete it.
<input type="checkbox"/>	<b>Upgrade</b>	Get a better <a href="#">monitor</a> and give your other one to a friend to encourage them to use their zones.
<input type="checkbox"/>	<b>Hire</b>	Contract with <a href="#">a Heart Zones certified trainer</a> to help you design and monitor your training.
<input type="checkbox"/>	<b>Ask</b>	Ask your friends to join you for a workout and loan them your training tool – your monitor, GPS meter, or other fitness tool.
<input type="checkbox"/>	<b>Connected</b>	Stay connected to <a href="#">Heart Zones</a> . Train the “New Way” with us.
<input type="checkbox"/>	<b>Tell</b>	Tell a friend, work mate, or family member your story, your experience this weekend. They believe you if you tell them that they can do it.
<input type="checkbox"/>	<b>Sneeze</b>	Be contagious. Spread your enthusiasm and hold someone’s hand as they get started
<input type="checkbox"/>	<b>Feel it</b>	Add an <a href="#">Emotional Fitness Activity</a> to your daily routine
<input type="checkbox"/>	<b>Fuel it</b>	Put the right fuel (nutrition) into your body each day