



How I Stay Fit

By Paul Camerer



Paul Camerer

An excerpt from Paul Camerer's speech at the Heart Zones Conference, October, 2006, Denver, Colorado –

When Sally invited me to speak to you I chose to talk about, "How I Stay Fit". Easy, I stay fit by working out with my heart rate monitor and following what Sally says in her books. Of her 20 plus books she has authored, or coauthored, I would like to speak briefly about what I learned from applying this information.

In 1982, some 24 years ago I was running marathons and ultra marathons. Sally then wrote the first book on the new sport of triathlons. The book was titled



Triathlon: a Triple Fitness Sport. So I entered my first triathlon. In 1988, she wrote the first book on training using a heart rate monitor: *The Heart Rate Monitor Book*. I bought one and became a raving fan of heart rate monitors. When she wrote *Heart Zone Training*, I started training in the zones with

my new monitor. And, when she and Dan Rudd wrote *Health in a Heartbeat*, I learned about training in the emotional zones. Yes, she developed metabolic training zones and I read and follow then in her book with Lorraine Brown, titled *Fit AND Fat*.



I graduated from high school in 1936, at 17 years of age, weighing 147 lbs. Seventy years later, 2006, I weigh today 147 lbs. Impressive but there is much more to the story. At age 17 my waist line was like 29 inches. Now it's about 34 inches.

Things have changed. As my schedule changes I have learned I must try changing the way I train, the way I eat, the way I feel.

Before Sally Reed and Sally Edwards decided to write another book *Heart Rate*

Monitor Workbook: 50 Indoor Cycling

Rides Sally and I decided to test each indoor ride on wind trainers in my garage.

The two of us would ride 2 mornings a week but one day Sally had to travel and



she asked a friend to take her place. The friend, Cheryl, had so much fun she asked a friend and now, some 7 years later there are 15 members of the Pinkhouse Gym. It is called the Pinkhouse Gym



because my wife, Helen, had our home painted pink.

The title of my talk today is how I stay Fit. I stay fit by living an active life. I want the same for you and for

America. Will you please open

up your garage or your friend's

garage and start a Pinkhouse

Gym in your neighborhood?



Will you open it in a garage like I do? If every neighborhood had a Pinkhouse

Garage Gym we could get America Fit. Please call or email me and I'll tell you

how I did it for every one, regardless of age.

About Paul Camerer:

Where: Sacramento, California

What: Developed the first individually owned Heart Zones Cycling Center in the United States!

Initial Investment: \$266 (Blue Jersey Qualification \$249, Heart Rate Monitor Workbook \$17)

Revenue: Priceless!

Paul Camerer defies nature. At least he defies the 220-age formula for maximum heart rate.

Paul is 87 years old. His maximum heart rate for cycling is 190 bpm. He is an incredible human being. In 2005, he completed his first century ride (tandem with friend and neighbor, Estelle Grey).

He has done triathlons and marathons. He is also a Blue Jersey Cycling Trainer.

Qualified in Seattle in October, 2004, Paul used his credentials to build a unique indoor cycling opportunity for his neighborhood.

Thank You.

Paul Camerer, Heart Zones Blue Jersey Certified Trainer

Founder, Pinkhouse Gym • 5904 Camellia Avenue • Sacramento, CA 95819
916.452.7771 • pcamerer@surewest.net

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