



**WDEL's Delaware Healthwatch
1150AM Radio
February 6, 2006**

with Frank Gerace

Heart Zones

Whether you're trying to get into shape or stay that way, a California-based company says you should listen to your heart.

Kathy Kent is with Heart Zones, a company that emphasizes heart rate training as a way to help people get and stay fit.

She says the popular belief that your target heart rate is determined by your age is false, because the same heart rate won't work for all members of an age group.

Kent: "Your heart rate belongs to you, it's specific to you--it doesn't belong to the person exercising on the treadmill next to you. It is genetic."

Kent adds your target heart rate will decrease with lessening activity, not increasing age. Kent: "Sometimes it starts as young as our children, who are out there playing X-Box right now, and a lot of time on the video games--they're a little bit less active than they have been, say over a century ago."

Heart Zones uses a series of exercise tests to determine each client's individual target heart rate, and Kent recommends wearing a heart monitor with a chest strap for accurate readings--she says the readings picked up by the hand grips on your favorite fitness machine give you a one-size-fits-all number.

Kent: "What it's really doing right there is giving you a mathematical formula within that machine, that is probably most likely 220 minus your age."

For more information about Heart Zones, [click here](#).

WDEL's Delaware HealthWatch airs Mondays
@ 6:13am, 8:13am & 6:13pm on 1150AM.

All information presented is copyrighted material of Delmarva Broadcasting Company.
Reproducing or duplicating this report is prohibited.