

## Assignment06a

- 1) To check your heart rate, you take your index and middle fingers and take your pulse at neck, wrist or chest, count the number of beats for 30 seconds and double it for beats per minute.  
Your maximum heart rate is  $200 - (\text{your age})$ .  
The BPM goal for moderate intensity exercise is 50% – 70% of your maximum heart rate; for vigorous intensity, the BPM goal is 70% – 85% of your maximum heart rate.
  - 2) It depends on your amount of exercise. Water is good in general because it helps hydrate the body, but sports drinks include taste, electrolytes and carbohydrates.
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- 1) Athletes just need slightly more protein than non-athletes do, but since athletes usually eat more, they easily get what they need.
  - 2) Muscles only contain 15% - 20% protein, than the mythical 100% protein. 70% - 75% is water, and 5% - 7% is fat, glycogen and minerals.
  - 3) Extra protein does not build more muscle. Once your body receives enough protein, any excess is used as energy or stored as body fat.
  - 4) Excessive protein can cause metabolic imbalance, toxicity, nervous system disorders, perhaps kidney problems and can increase the chances of dehydration because when protein is broken down, urea is formed and thus more water is needed to excrete the urea.
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- 1) The data showed that people who did not exercise at all were at the highest risk of early death – this is from 14 years' worth of death records of 661,000 middle-aged adults.
  - 2) If a person exercised a little, their risk of premature death was lowered by 20%.
  - 3) If a person exercised according to the guidelines, their risk of premature death was lowered by 31%.
  - 4) The guideline for how much exercise was completing 150 minutes of moderate exercise per week, but the sweet spot for exercise benefits came to those who did 450 minutes of moderate exercise per week, mainly filled by walking.