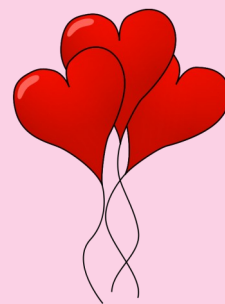


# JRD Newsletter

## February 2018



### Do You Know Your Target Heart Rates for Exercise, Losing Weight, and Health?

#### **SPECIAL POINTS OF IN- TEREST:**

- New  
'Pound'  
Class  
T & TH 7:30  
am
- **EXTRA TRX**  
**Fridays 6  
pm**
- CSI BB tick-  
ets on sale  
at the JRD.  
Get yours  
now and  
support our  
Summer  
Kids'  
Camp!
- **Firearms  
Classes are  
back!**



What should your heart rate be when working out, and how can you keep track of it? Our simple chart will help keep you in the target training zone, whether you want to lose weight or just maximize your workout. Find out what normal resting and maximum heart rates are for your age and how exercise intensity and other factors affect heart rate.

### How do you get your heart rate in the target zone?

**When you work out, are you doing too much or not enough?** There's a simple way to know: Your target heart rate helps you hit the bullseye so you can get max benefit from every step, swing and squat. Even if you're not a gym rat or elite athlete, knowing your heart rate (or pulse) can help you track your health and fitness level.

### First Things First: Resting Heart Rate

**Your resting heart rate is the number of times your heart beats per minute when you're at rest.** A good time to check it is in the morning after you've had a good night's sleep, before you get out of bed or grab that first cup of java!

**For most of us, between 60 and 100 beats per minute (bpm) is normal.** The rate can be affected by factors like stress, anxiety, hormones, medication, and how physically active you are. An athlete or more active person may have a resting heart rate as low as 40 beats per minute. Now that's chill!

**When it comes to resting heart rate, lower is better.** It usually means your heart muscle is in better condition and doesn't have to

work as hard to maintain a steady beat. Studies have found that a higher resting heart rate is linked with lower physical fitness and higher blood pressure and body weight.

### Know Your Numbers: Maximum and Target Heart Rate

This table shows target heart rate zones for different ages. Your maximum heart rate is about 220 minus your age.

In the age category closest to yours, read across to find your target heart rates. Target heart rate during moderate intensity activities is about 50-70% of maximum heart rate, while during vigorous physical activity it's about 70-85% of maximum.

The figures are averages, so use them as a general guide.....



<i>Age</i>	<i>Target HR Zone 50-85%</i>	<i>Average Max Heart Rate 100%</i>
<b>20 Years</b>	100-170 beats per minute (bpm)	200 bpm
<b>30 Years</b>	95-162 bpm	190 bpm
<b>35 Years</b>	93-157 bpm	185 bpm
<b>40 Years</b>	90-153 bpm	180 bpm
<b>45 Years</b>	88-149 bpm	175 bpm
<b>50 Years</b>	85-145 bpm	170 bpm
<b>55 Years</b>	83-140 bpm	165 bpm
<b>60 Years</b>	80-136 bpm	160 bpm
<b>65 Years</b>	78-132 bpm	155 bpm
<b>70 Years</b>	75-128 bpm	150 bpm



## Hit the Target: Find Your Heart Rate

**Now that you have a target, you can monitor your heart rate to make sure you're in the zone.** As you exercise, periodically check your heart rate. You can use a wearable tracking device or find it manually:

- Take your pulse on the inside of your wrist, on the thumb side.
- Use the tips of your first two fingers (not your thumb) and press lightly over the artery.
- Count your pulse for 30 seconds and multiply by 2 to find your beats per minute.

**Important Note:** Some drugs and medications affect heart rate, meaning you may have a lower maximum heart rate and target zone. If you have a heart condition or take medication, ask your healthcare provider what your heart rate should be.

## So what's in a number?

If your heart rate is too high, you're straining. Slow your roll! If it's too low, and the intensity feels "light" to "moderate," you may want to push yourself to exercise a little harder, especially if you're trying to lose weight.

If you're just starting out, aim for the lower range of your target zone (50 percent) and gradually build up. In time, you'll be able to exercise comfortably at up to 85 percent of your maximum heart rate.

Woo hoo!



# CARDIAC ARREST VS. HEART ATTACK

## WHAT IS CARDIAC ARREST?

**CARDIAC ARREST** occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

### WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

### WHAT TO DO

Cardiac arrest can be reversible in some victims if it's treated within a few minutes.



**CALL 9-1-1** First, call 9-1-1 and start CPR right away.



Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible.



If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

**CARDIAC ARREST IS A LEADING CAUSE OF DEATH**

### RISK FACTORS:

- Prior heart disease is a major risk factor for cardiac arrest.
- A family history of cardiac arrest in a first-degree relative is associated with an approximate 2-fold increase in risk of cardiac arrest.

Learn more about CPR  
or to find a course, go to [heart.org/cpr](http://heart.org/cpr)

## WHAT IS A HEART ATTACK?



A heart attack is a **"CIRCULATION"** problem.

**A HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

### WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



Women have the same symptoms as men, but they might have slightly different symptoms, making them not think of heart attack. Women may have shortness of breath, nausea, vomiting and they can have back, neck or jaw pain.

### WHAT TO DO



Even if you're not sure it's a heart attack, **call 9-1-1 or your emergency response number.** **Every minute matters!** It's best to call

EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

### WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



**Fast action can save lives.**



American  
Heart  
Association®  
life is why®



*We Have What You Are Aiming For*



**Magic Valley Firearms  
Training**



***Idaho Enhanced CCW Class***

***Jerome Recreation Center***

**\$100 per Class at Registration**

**Firearms Rental Available \$10**

**4 Student Minimum**

<b>Jan 27</b>	<b>Feb 3</b>	<b>Feb 17</b>
<b>Mar 10</b>	<b>Mar 24</b>	<b>April 7</b>
<b>April 21</b>	<b>May 5</b>	<b>May 19</b>

- . Women Only Classes**
- . Basic to Advanced Classes**
- . Pistol or Rifle Classes**

*Concealed Carry Classes — Live Fire*

*NRA Certified Instruction*

*Law Enforcement Trained Instructors*

***Contact #208.749.0005***



JESSICASMITHTV

“There is no  
exercise better for  
the heart than  
reaching down and  
lifting people up.”

— John Holmes

## **Love Your Body Valentine's Day Workout**

**10 Minute Warm Up (run or elliptical)**  
**30 Jumping Jacks**  
**15 Burpees**  
**30 Squats**  
**15 Jump Squats**  
**30 Tricep Dips**  
**15 Hammer Curls**  
**15 Bicep Curls**  
**30 Wide Push Ups**  
**30 Russian Twist**  
**1 Minute Plank**

**Advance Complete x 2**

# February Obstacle Course class schedule!

Saturday February 3rd at 8am  
Wednesday February 7<sup>th</sup> at 7pm  
Saturday February 10th at 8am  
Wednesday February 14<sup>th</sup> at 7pm  
Wednesday February 28<sup>th</sup> at 7pm



**COST: \$3 A CLASS OR  
FREE WITH MEMBERSHIP UPGRADE**



**INSTRUCTOR: DARIN HARRISON**

**Beginners to advanced  
participants welcome!**

An obstacle course is a series of challenging physical obstacles an individual or team must navigate usually while being timed. **Obstacle courses** can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed and en-

durance. Sometimes a course involves mental tests. Come out and try an obstacle course class and you will be on your way to competing in Spartan like races if you choose to do so. Even if you don't do any obstacle course events, you will still enjoy it and get an excellent full body workout.

**Additional  
February  
TRX  
Classes  
Friday Evening 6PM  
Feb. 2<sup>nd</sup>, 9<sup>th</sup>, and 23<sup>rd</sup>  
\$8 month or \$3 a day  
Instructor: Darin**





**Coming to  
the JRD  
in  
February!**



**"I have seen POUND take my  
members to emotional releases  
and positive attitudes like no other!  
Where else can you physically hit  
something with a stick and it's  
socially acceptable?!"**

**Stephanie S., POUND Pro**



**Pound Fitness is a  
class for all ages and  
abilities on Tuesdays  
and Thursdays at  
7:30 am. Cost is \$15 a  
month or \$3 a class.**

**Give it a try...what  
have you got to lose  
besides weakness,  
weight and worries!**

# YOGA MAKES YOUR HEART HAPPY

HEART RATE VARIABILITY (HRV) IS HOW WELL YOUR HEART CAN:  
SPEED UP...



SLOW DOWN...



A HIGHER HRV IS HEALTHIER BECAUSE YOUR HEART CAN RESPOND TO LIFE'S DEMANDS WITH LESS STRESS



YOGA INCREASES HRV WHICH MAKES YOUR HEART HEALTHIER



YOGA LOVES HEARTS & HEARTS LOVE YOGA



HAPPY VALENTINES!

JRD Yoga classes

Tues & Thurs  
8:30 am - 9:45 am

Fridays  
7:00 pm - 8:00 pm





Have we got a deal for you! Buy your 2018 CSI Men's Basketball or Women's tickets here at the JRD front desk and get them at a discounted rate!

Adults- \$5.00

Students/Senior Citizens- \$3.50

Purchase at the front desk and don't forget to grab your 2018 schedule.

***It's a win-win deal!***

All proceeds go towards the 2018 JRD Kid's Fitness Summer Camp and you your family can enjoy a fun night of watching our local Eagles win on the basketball court!



You won't want to miss this year's team; you will enjoy the talent, athleticism and attitude this team brings to the court. Any questions call 324-3389





**Coconut oil is high in natural saturated fats. Saturated fats not only increase the healthy cholesterol (known as HDL cholesterol) in your body, but also help convert the LDL “bad” cholesterol into good cholesterol. By increasing the HDL in the body, it helps promote heart health and lower the risk of heart disease.**

## Cooking and Eating

**Cooking at High Heat** - Some oils are unsafe to cook with at high temperatures, coconut oil is a great alternative.

**On Toast Instead of Butter** - Simply use coconut oil instead of butter on your toast.

**Eat it by the Spoonful** - Coconut oil is that delicious and healthful. Enjoy one spoonful each morning.

**Smoothies** - Add one tablespoon of coconut oil into your favorite smoothie recipe and increase your energy with the oil's MCTs. (The consumption of medium-chain triacylglycerols - or MCTs - has been linked to weight loss.)

**Fry Eggs** - Lightly coat the bottom of your skillet with coconut oil to create a non-stick surface and delicious eggs.

**Popping Popcorn** - A sweet twist on a classic snack! To make stovetop popcorn, you need a heavy-bottomed pan. First, add the coconut oil and popcorn to the pot. Coat the area of the pot with the oil, and use just enough popcorn to make a single layer over the bottom of the pot. Give the pot a little shake to make sure all of the kernels are coated with oil. Next, place the pot over medium heat. Put the lid on the pot, leaving it slightly open so that steam can escape. It should take about five minutes for the popcorn to pop completely.

**Popcorn Topping** - Instead of butter, melt a little coconut oil and pour it over your popped popcorn. Then sprinkle lightly with Himalayan crystal salt.

**Oven Baked Sweet Potato Chips** - Preheat your oven to 400 degrees. Thinly slice sweet potatoes to about 1/8" thick. Place slices on a baking sheet and brush lightly with coconut oil. Bake for about 15 minutes or until chips are lightly brown. Add salt to taste, and serve with salsa or dip. (Or just eat them plain – either way they're delicious!)

**Pan Frying** - Next time you fry up a batch of sweet potato fries or a piece of chicken, use coconut oil. The taste is great and the coconut oil's health benefits are even better.

**Grilled Cheese with Coconut Oil** - No need for butter the next time you are making a grilled cheese sandwich.

**Coconut Oil Coffee** - Adding a spoonful to your coffee is a delicious way to start your day with a huge energy boost! Blend..... Want a simple way to make coconut oil coffee quick? Try buying some coconut oil coffee creamer.



**Homemade Granola** - Check out this delicious recipe for **coconut oil granola**.



- 4 cups old-fashioned rolled oats
- 1 1/2 cup raw nuts and/or seeds (almonds, pecans, walnuts, sunflower seeds, pumpkin seeds)
- 1 teaspoon fine-grain sea salt
- 1/2 teaspoon cinnamon
- 1/2 cup melted coconut oil
- 1/2 cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 2/3 cup dried fruit, chopped if large (cherries, apricots, apples, dates, raisins, coconut, blueberries, strawberries, etc)

1. Preheat oven to 350 degrees and line a large, rimmed baking sheet with parchment paper. In a large mixing bowl, combine the oats, nuts and seeds, salt and cinnamon. Stir to blend.
2. Pour in the oil, maple syrup and/or honey and vanilla. Mix well, until every oat and nut is lightly coated. Pour the granola onto your prepared pan and use a large spoon to spread it in an even layer. Bake until golden, about 21 to 23 minutes, stirring halfway. The granola will further crisp up as it cools.
3. Let the granola cool completely, undisturbed, before breaking it into pieces and stirring in the dried fruit. Store the granola in an airtight container at room temperature for 1 to 2 weeks, or in a sealed freezer bag in the freezer for up to 3 months.

**A Spoonful in Tea** - Allow some coconut oil to melt and mildly flavor your next cup of tea.

## **Salad Dressings** - Simple recipes for a salad dressing with coconut oil ...

### **Honey Mustard Vinaigrette**

**Prep time:** 5 minutes **Makes:** ½ cup

Combine ¼ cup cold-press extra-virgin coconut oil, 1 tablespoon apple-cider vinegar, 1 teaspoon each raw honey and Dijon mustard, and pink Himalayan salt and white pepper, to taste, in a screw-top jar; shake well.



### **Green Goddess Dressing**

**Prep time:** 5 minutes **Makes:** ½ cup

Blend or process 1 cup loosely packed fresh mint leaves, ½ cup loosely packed fresh flat-leaf parsley leaves, 1 teaspoon finely grated lemon rind, 1½ tablespoons lemon juice, 3 tablespoons cold-pressed extra-virgin coconut oil, and pink Himalayan salt and white pepper, to taste, until all herbs are finely chopped.

### **Tahini and Orange Dressing**

**Prep time:** 5 minutes **Makes:** ½ cup

Combine ⅓ cup orange juice, 2 tablespoons tahini, 1 tablespoon cold-pressed extra-virgin coconut oil (or filtered water), 1 clove garlic (crushed), 2 teaspoons raw honey, and pink Himalayan salt and white pepper, to taste, in a screw-top jar; share well.





# Just For Kids



## Need:

Starbursts

Smarties

Candy Eyes

Boxes of Conversation Hearts

Hot glue OR Royal Icing

Simply add glue or icing to the Starbursts and make 2 eyes. Add 4 Starbursts to the bottom for feet. 2 Smarties make the arms and glue the candy eyes on the Starbursts to finish them off..

**Q. Why is Valentine's Day the best day for celebration?**

**A. Because you can really party hearty!!!**

Happy  
Valentines  
Day

The human heart feels things  
the eyes cannot see  
and knows what the mind  
cannot understand.

**NO BEAUTY  
SHINES  
BRIGHTER  
THAN THAT  
OF A GOOD  
HEART.**

YourBirthdayQuotes.com

The best and most  
beautiful things in the  
world cannot be seen  
or even touched.  
They must be felt  
with the  
Heart

~Helen Keller