

THANKS to ALL of you who have supported the OtterFit program of health and fitness. We **ARE** going to have a program during spring quarter 2010 because many of you have **VOLUNTEERED** to participate **AND** there has been **TERRIFIC** involvement and enthusiasm to help improve how we are training and what classes we are offering.



Please be aware that you will be asked to participate in a fitness assessment either during the 10th week or finals week. Your trainer will schedule this with you and lead you through the assessment.

Highlights:

Thanks to All!

Be Heart Healthy

Training in the Fat Burning Zone versus the Aerobic Zone

Kristin Williams:
Group Fitness Instructor

OtterFit on the Web

Be Heart Healthy

February is American Heart Month, and Valentine's Day is a great time to start taking steps to be heart healthy.

Be Nice to Your Heart

- Prevent and control high blood pressure, high cholesterol, and diabetes.
- Avoid smoking and secondhand smoke.
- Limit alcohol use.
- Maintain a healthy weight.
- Be active.
- Eat healthy.

Spread love, not germs.

- Protect yourself from the cold and flu.
- Wash hands often.
- Avoid close contact when you or someone you know is sick.
- Get your flu vaccines.

Go easy on the bubbly.

- If you drink alcohol, do so only in moderation. Alcohol misuse is now the leading risk factor for serious injury in the United States. It is also the third leading cause of preventable death.



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Training in the Fat Burning Zone Versus the Aerobic Zone

Understanding the Difference

Page 2

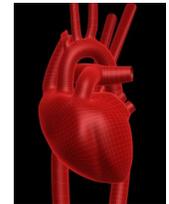
The fat-burning zone is the most misunderstood zone in training. When you are at 60 to 70 percent of your target heart rate, the majority of your calories burned will come from fat, during that training session. Over 65% of your burned calories can come from fat. Due to this trivial fact, many people believe that this is the necessary zone to burn fat. This is not necessarily true.

Any time you create a caloric deficit, or expend more calories than you consume, you will lose weight in the form of fat and/or muscle mass. While other systems may burn less percentage of fat, they can burn more calories and therefore result in greater fat loss!

As an example in the aerobic zone, intensity increases, so less of your calories are burned from fat. However, due to the increased intensity, you burn more calories per minute. Does this mean that you should avoid the aerobic zone if fat loss is your goal? Let's break this down.

It is estimated that 45% of calories in the "aerobic zone" are burned from fat. Let's say you run 6mph to reach the "fat-burning zone" and you run 9mph to reach the "aerobic zone".

In one hour, you will run either 6 miles or 9 miles. According to research, a 175-pound person burns on average about 34 calories per mile. So, in one hour, you might burn:



$6 \times 34 = 204$ calories, or $9 \times 34 = 306$ calories

In the fat-burning zone: You burned 65% of your calories from fat. This is $204 \times .65 = 133$ calories from fat.

In the aerobic zone: You burned 45% of your calories from fat. This is $306 \times .45 = 138$ calories.

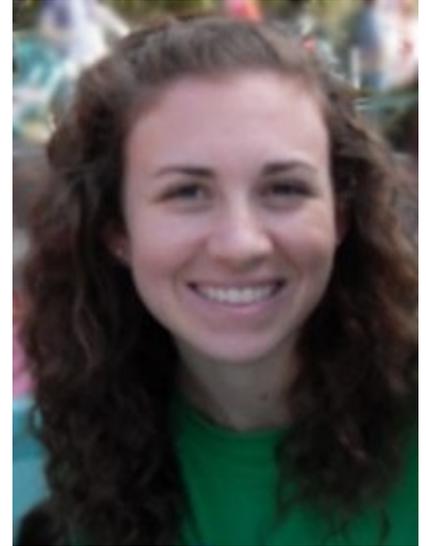
As you can see, getting comfortable and going into the "fat burning" zone actually burned fewer calories. You might say, "What's the big deal? It was only 5 calories difference." But when you take into account total calories, you burned over 100 more calories in the aerobic zone. Since total calories expended have the largest impact on the amount of fat you will lose, obviously the aerobic method will result in more fat loss (provided you also resistance train so that you are not losing muscle) than the "fat-burning" method.

What is interesting to note is that the longer you sustain an elevated heart rate (in the aerobic zone or higher), the longer it takes for your body to recover by slowing down. This means you continue to have a faster metabolism and to burn more calories even after your training is done.



OtterFit Group Fitness Instructor: Kristin Williams

Page 3



1. What is your home town?

San Diego, California

2. What certifications do you have?

AFAA Group Exercise Instructor, Cooper Institute Certified Personal Trainer

3. What are your future plans?

After graduation I plan to continue teaching group fitness classes and personal training either in a corporate setting or a spa/resort setting.

4. Present work experience?

I worked at Huntington Bank's fitness center though an Independent Study that I did with Health Fitness Corporation. Last summer, I was honored to have the opportunity to do an internship with the Cooper Institute through their Cooper Corporate Solutions department. When at home, I work at my local recreation center. I also love teaching group fitness classes and working as an Otterbein Host & Tour Guide.

5. What is your favorite experience with Otterfit Group Fitness Classes?

I love that the Otterfit program is giving faculty and staff members an opportunity to work out right where they work while giving students the chance to get the experience they need. I really enjoy offering group fitness classes that can be an alternative to just going to the gym and it's great to see the progress everyone makes.



On the Web:

Our very own **OtterFit** program was featured on the Otterbein College website during the month of February. To view the article click on this link.

<http://www.otterbein.edu/profiles/otterfit/>