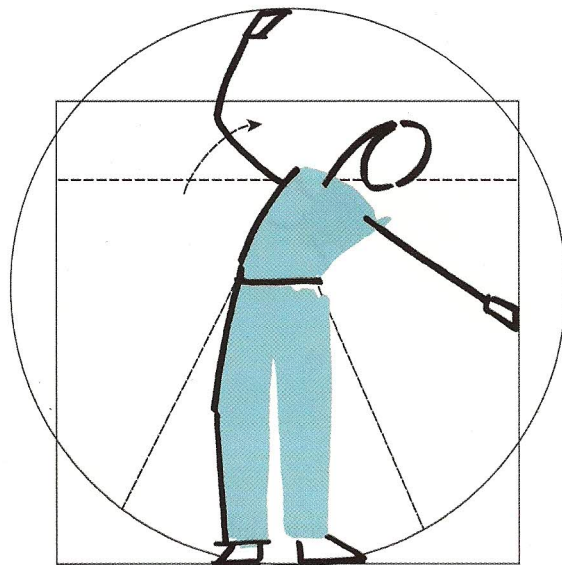


Q&A

Questions to
the trainer

with Chris Cosich



Q: For the past 6 months or so I've been running in an effort to get back in shape. I developed a nagging pain in my right knee. My doctor told me it was tendonitis, to rest it, and prescribed an anti-inflammatory. After two weeks I resumed running and within weeks the pain returned. Is this something I am destined to have continually?

—Jean L., Amagansett

Tendonitis is an overuse injury. Patella tendonitis is an inflammation of the tendon in that area below your knee where doctors do a reflex test with those rubber mallets. The good news is you will not continually have this injury if you train "around" it. You can perform exercises that do not aggravate the area directly, while waiting for it to heal. Try biking or power walking, either outdoors on hilly roads or on a treadmill with an incline; neither of these exercises impact the knee joint and, done with proper intensity, can elevate your heart rate like running. Once you return to running, take preventive measures to avoid having a recurrence. Direct ice applied to the area for 10-20 minutes immediately following will deter inflammation.

Q: I heard something about finding the target heart rate for your age when doing

aerobic exercise. I am 41 years old. How do I find my target heart rate? Is there a proper heart rate and time length of exercise to lose body fat or a better time of the day to do aerobic exercise?

—Sarah K., Water Mill

The formula for determining your MHR (maximum heart rate) is 220 minus your age. To find your target heart rate, take 60-80% of this number. This is what your heart rate should be maintained at to facilitate fat being utilized as energy. Your body does not begin to mobilize fat for energy until 20 minutes into aerobic activity. Best results occur from doing aerobic activity 40-60 minutes in length at approximately 70% of your MHR. The optimal time to do aerobics is first thing in the morning before breakfast. This will increase fat loss as your body will attack fat stores quicker because it has been food deprived for 10 hours or more. Secondly, morning cardio coupled with eating immediately after will jump start your metabolism for the rest of the day.

Q: Is there any cardiovascular exercise that is better than the rest?

—Joe M., East Hampton

Cardiovascular exercise is any form of exercise that strengthens the capaci-

ty of your respiratory system. Subsequently, any exercise that enables that occurrence is just as good as another, given that you are maintaining your target heart range (refer to Jean's questions). Running is a favorite of many but is very impactful to joints and connective tissue. Personally if I had to pick one, it would be interval sprints done on an athletic field. Sprinting is explosive, requiring greater oxygen utilization than jogging. Secondly, it is far less jarring on your joints than distance running on pavement. Try this workout: Sprint in 50-100 yard distances. In between simply walk as a cool down for approx. 30 seconds. Your heart rate will still be within your target range before your next sprint. Try doing as many short, all-out sprints over the course of 20-25 minutes three times a week. You'll notice your cardiovascular strength increase and your bodyfat decrease. *

To ask a fitness question email health&fitness@dansmagazine.com. Chris Cosich (B.S., C.F.T., C.S.C.S.) is a former NCAA football player, nationally ranked bodybuilder and powerlifter. He is a certified fitness trainer, sports conditioning specialist, and nutritional consultant. His company NEW IMAGE FITNESS serves clients in NYC and the Hamptons. For appointments call 917-579-5001.