

**topic** YOUR.BIG.READ  
*def: a subject of conversation or discussion*

**Weekend detours**

# Intensity levels of exercise are key

EXERCISE enthusiasm levels are sky high right about this time of year.

Many people are getting into the swing of their fitness regimes and motivation levels are quite possibly the best they will be all year.

So with exercise frequency in the bag, it's a good idea to re-visit the issue of intensity.

Intensity is a key training principle that is often the difference between workouts that work and those that are a waste of time.

To inject intensity into an aerobic conditioning workout, we need to be able to train, at least for short periods of time, at 85% or more of our maximum heart rate.

The most accurate means of achieving this would be to perform a physically demanding maximum heart rate test, use formulas to determine training zones and a heart rate monitor to make sure you're achieving them.

However, all of this is not necessary to simply achieve quality in your training.

Ratings of perceived exertion are very useful training tools and they don't require expensive, electronic gear.

Perceived exertion is how hard you



feel your body is working at a given intensity.

It is based on physical sensations such as increased heart rate, increased breathing rate, increased sweating and muscle fatigue.

“Ratings of perceived exertion are very useful training tools and they don't require expensive, electronic gear.”

— REBECCA JOSEY

Although this is a subjective measure, a person's exertion rating may provide a fairly good estimate of the actual heart rate during physical activity (Borg, 1998).

The scale can be as simple as one to 10 with one being no exertion at all

and 10 being a maximal effort.

You might wonder what it feels like to give a maximal effort?

A good example is perhaps how you felt when you achieved a personal best in a 5km run or how you felt when you pushed yourself non-stop for a sustained period of time.

Ratings of perceived exertion are related to heart rate and oxygen uptake in a linear fashion.

In other words, higher ratings indicate higher heart rates and oxygen uptake, no monitor necessary.

Aim to spike your heart rate up to eight or more out of 10 at various points of your workout to get the best results from your training time.

Next time I will discuss the benefits of training with a heart rate monitor and a new formula that predicts more accurately the maximum heart rate for women.

*Bec Josey is a qualified journalist and personal trainer.*

*She now supports others to get in shape for life as well as events.*

*For more information, visit [www.perfectfittraining.com.au](http://www.perfectfittraining.com.au) or contact Bec at [perfect.fit@bigpond.com](mailto:perfect.fit@bigpond.com) or on 0424 080 321.*



## WEEKEND BRIEFS

### Jimmy Buffet

US singer Jimmy Buffett has reportedly left hospital and been ordered to rest after tumbling face-first from a stage at the end of his Sydney concert.

### Jon Stevens

Singer Jon Stevens says he's outraged about being ejected from a Jetstar flight to Brisbane, where he was to play at a Queensland flood relief concert, and denies any bad behaviour.

### Vince Neil

Motley Crue singer Vince Neil avoided the media and quietly pleaded guilty on Wednesday to driving drunk in his Lamborghini last US summer near the Las Vegas Strip.

### Donald Sutherland

Versatile actor Donald Sutherland, who's played everything from a Nazi spy to an aging astronaut, has been honoured with a star on the Hollywood Walk of Fame.

### Michael Jackson

Michael Jackson's doctor pleaded not guilty on Tuesday to a charge of involuntary manslaughter in the pop superstar's death as the case moved rapidly towards a trial that will likely be televised.

### Skins

The US audience for MTV's racy teen drama Skins plunged to 1.6 million on Monday night, a drop-off of more than half from its premiere a week earlier, according to Nielsen Co ratings.

### Oprah Winfrey

Oprah Winfrey has discovered she has a half-sister — a woman who was given up for adoption by Winfrey's mother nearly 50 years ago, when the talk show host was eight years old.

### Lil Wayne

Fans who missed Lil Wayne during his year-long stint behind bars will get a chance to show their love for the multi-platinum rapper in person: He's kicking off a 25-city tour in March with an all-star supporting cast.

### Paul Picerni

Hollywood character actor Paul Picerni, perhaps best-known as Robert Stack's FBI agent sidekick on television's The Untouchables, has died. He was 88.

Missed your local news lately?  
Catch up on what's been happening on our new website:  
[www.gladstoneobserver.com.au](http://www.gladstoneobserver.com.au)  
Log on today!!

**Combined Schools Muscial**

**HONK!**

We are pleased to announce the production set for 2011 is Honk! a musical adaption of Hans Christian Andersen's The Ugly Duckling.

The performance will showcase the talents of 130 students from years 4 to 12, stemming from 21 different state and independent schools.

**Waddling on stage from the 14th - 19th March 2011**

**Book Now** on 4972 2822 or [www.gladstonerc.qld.gov.au/gec](http://www.gladstonerc.qld.gov.au/gec)

GLADSTONE ENTERTAINMENT CENTRE, GLADSTONE REGIONAL COUNCIL, Southern Cross Ten, OBSERVER LOCAL NEWS

**Honk Rehearsals in Full Flight**

Waddling practice is in full flight now with the 2011 Combined Schools Musical Honk! only six weeks away.

With the 2011 school year kicking off and the production dates within reach rehearsals, are full steam ahead.

The cast of over 100 local students from grades 4-12 sourced from 21 schools, are meeting several times a week practise singing, acting, choreography and music.

The students are working hard to ensure the entire cast has perfected waddling and quacking to make for an enjoyable family production.

Honk! is the story of Ugly, whose odd, gawky looks instantly incite prejudice from his family and neighbours. Separated from the farm and pursued by a hungry Cat, Ugly must find his way home.

Along his rollicking and harrowing journey he not only discovers his true beauty and glorious destiny, but also finds love and acceptance in all its forms.

Honk! will be the seventh Combined Schools Musical, following on from the success of Pirates of Penance in 1999, The Pied Piper of Hamelin in 2001, Pinafore Pirates in 2003, Jungle Fantasy in 2005, Sheik Rattle 'N' Roll in 2007 and Oliver in 2009.

With the professional production of Honk! winging its way around the world since 1933 this production, highlights the message that being different is ok.

Honk! is set to hatch in at Gladstone Entertainment Centre from the 14th-19th March.

Book your tickets now to Friday 18 and Saturday 19 performances for just \$20.00 per Adult, \$17.00 for Pensioners, \$12.00 per Child and \$12.50 for a family of 2 Adults and 2 Children.

To book, go to our website at [www.gladstonerc.qld.gov.au/gec](http://www.gladstonerc.qld.gov.au/gec) or phone the box office on 4972 2822.

Honk! is proudly sponsored by The Observer, Hot FM, Sea FM and Southern Cross Ten.

*I hope to see you at the Centre soon.*

Leanne Buchholz  
**Ph: 4972 2822**

GLADSTONE ENTERTAINMENT CENTRE  
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Gladstone Entertainment Centre is a community initiative of the Gladstone Regional Council.