

# New Mexico State University

**Health Talks** (brown bag luncheon)

## **Exercise and Heart Rate:**

**Exercise Prescription for Cardiorespiratory Fitness  
September 21, 2006 (Thursday) 12:00-12:50 pm**

The Brown Bag Health Talks are an informal and interactive way to provide practical information on health issues that may affect you or a member of your family.

On September 21, 2006, Dr. J.M. Berning, Director, of Exercise Physiology Lab, Physical Education Recreation & Dance, will discuss the above topic in the NMSU Safety Training Facility, room 110, in Academic Research C.

Fall semester has begun. Many of you now want to get back into better physical condition after a long summer. But how do you know how fast to walk or run or how hard to work? This short presentation will show you using very simple techniques how to estimate your maximum heart rate and determine exercise heart rates for various modes of exercise, frequency and duration. Bring a calculator (don't forget your lunch) as this makes estimations easier.

The Brown Bag Health Talks are a monthly event designed for the individual who wants to understand more about various health issues in an informal setting with easy access during the lunch hour. Whether you exercise routinely or don't exercise at all, these sessions are for you. We highly encourage everyone, to come with fellow employees or family members and participate. For more information on these topics and a location map, check the Safety News section on the NMSU Safety website at <http://www.nmsu.edu/safety> or call Environmental Health & Safety.

**Live, Learn and Thrive.**

