

# JULY IS CARDIOVASCULAR FITNESS MONTH

Throughout the month of July, join us at the THWC for a 30-minute session offered Tuesday through Thursday, July 6 - July 29.

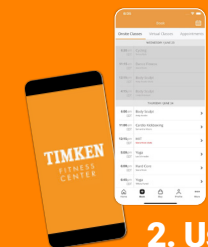
## LEARN THE FACTS ABOUT YOUR CARDIOVASCULAR FITNESS WITH ANDY, SEARA, STACEE, AND JOY.

*During your personal 30-minute session, you will:*

- *Receive instruction on the "Myzone" device (you may also bring your own device to monitor your heart rate).*
- *Learn how to take your radial pulse prior to exercise to know your resting heart rate.*
- *Define your target heart rate for cardiovascular exercise and learn why it is important.*
- *Understand your maximum heart rate zone.*



### Sign Up Requirements:



1. You must be a member of the Timken Lifestart Fitness Center. (Not a member? Join at [www.lifestart.net/timken](http://www.lifestart.net/timken))
2. Use the LifeStart/Timken Fitness Center App to sign up for a 30-minute session.
3. Each day, sign up to learn about a different piece of cardio equipment. You can learn about them all!

*Questions about signing up? Contact [timken@lifestart.net](mailto:timken@lifestart.net)*