

WITH THE SNOW AND COLD ALREADY HERE,

I would like to thank those of you who have viewed my iTunesU courses, on your child's iPad, and provided me with valuable feedback. For those that have not taken a peek, again I invite and encourage you to look at these resources. There are some pretty amazing messages within some of those videos, especially in the *Motivation* and *Character Education* courses, that can inspire people to reach their potential and lead a fulfilling and successful life. Many of the videos in the *Motivation* course focus on a "growth" mindset and taking healthy risks, how failure often comes before success, persevering through tough times, etc. I believe that if the information in those videos helps initiate some dialogue between parents and their children, for at least one family, then it was worth it.

With that being said, here are some ideas to help keep you active throughout the winter months...whether it means you are trying to stick to a "New Year's resolution" or just trying to find something fun to do with your family:

roller skating	ice skating	snow shoeing	sledding
martial arts	dance	yoga	gymnastics
alpine skiing	nordic skiing	swimming	basketball
weight training	running	chop/haul wood	pilates
shovel snow	walk the dog	roller skating	crossfit

Here is a simple way to see if you are achieving any cardiovascular benefits from the activities you choose to participate in.

220 minus your age = Maximum Heart Rate (Max HR)

Max HR X 60% = lower end of target HR zone

Max HR X 80% = higher end of target HR zone

For example, if you are 40 years old:

$220 - 40 = 180$ $180 \times .6 = 108$ $180 \times .8 = 144$

So ideally, for a 40 year old, you would want to maintain a heart rate between 108-144 beats/minute, for at least 30 minutes, to achieve some cardiovascular benefits.

Thank you.
Charles Curtis