



Dr. Angela DaGrosa

Ayurveda Doctor

661 Maplewood Drive

Suite #19

Jupiter, FL 33458

561-301-6442

Angela@brightpathayurveda.com

Aerobic Activity:

Aerobic activity is very important. Prolonged low intensity aerobic training is a great way to burn off excess fat. Aerobic training uses fat as its energy source. Some examples of this type of activity are brisk walking, bicycling and swimming.

Physiologically, you don't burn fat when involved in anaerobic training performed in the gym. This training burns up glycogen from the liver, muscles and blood stream. Some examples of this type of activity are lifting weights, push ups, pull ups and squats. The muscle obtained from these exercises burn calories around the clock.

To burn fat one needs to stay within their target heart range for 20 minutes or more.

The best way to find your target range is to use the formula $180 \text{ minus your age}$. If you are in great shape add 5. If you just had surgery or are out of shape subtract 5.

Aerobic activity:

- Strengthens the heart
- Helps control blood sugar
- Aids in body fat elimination
- Enhances digestion and elimination
- Improves sleep.
- Increases lymph circulation.
 - The lymph has no pump system and depends on movement for circulation. Bad body odor and breath are indications that the lymph isn't flowing well.
- Increases your endurance
- Increases oxygenation