

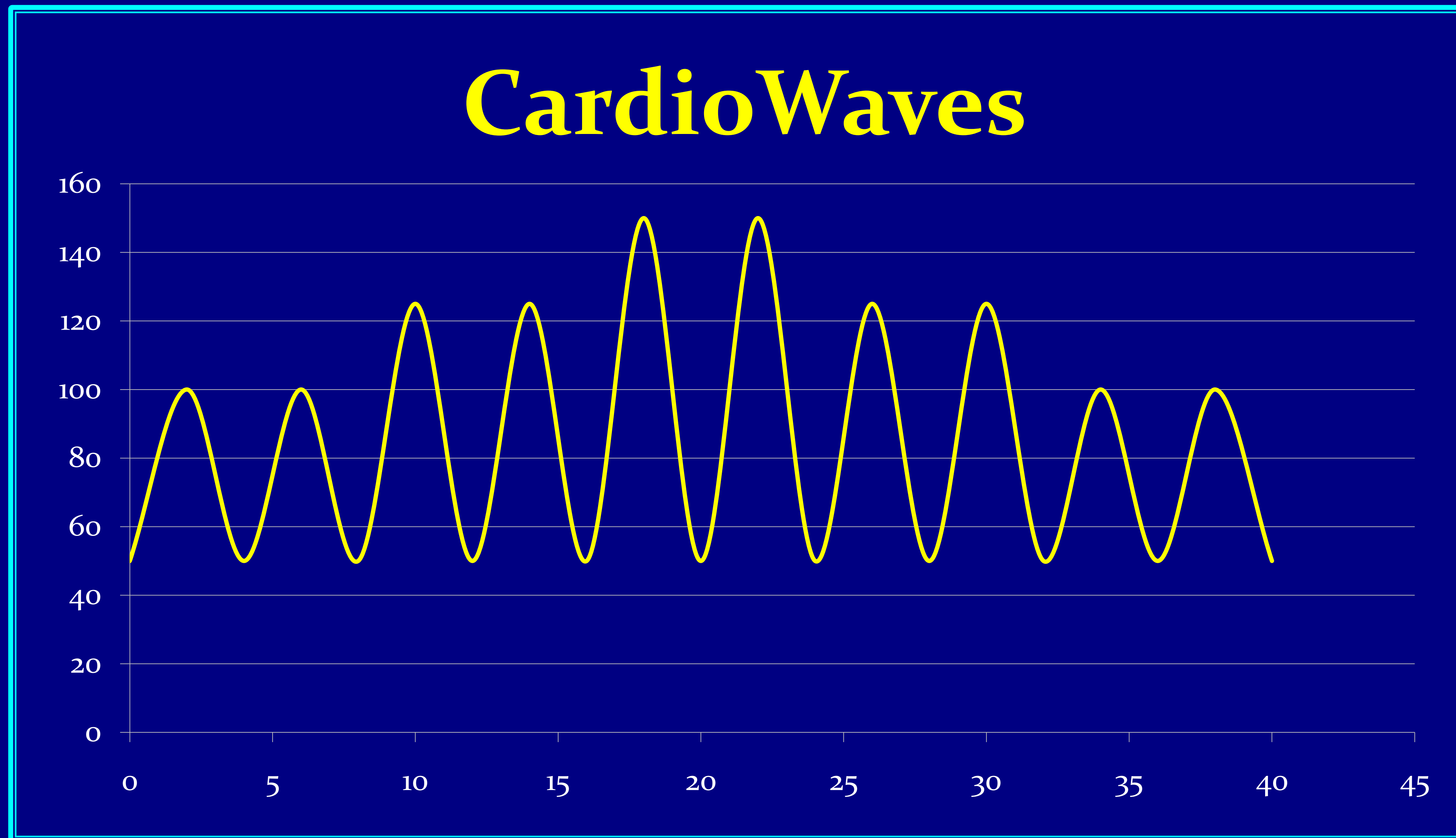


# Brigham Young University

Barbara Day Lockhart Ron Hager Jim George  
barbara\_lockhart@byu.edu

## Modified Interval Training For MindBody Wellness

Cardiovascular exercise done in a wavelike interval pattern of exercise and relaxation integrating mind and body.



### Feel

- The mind and body function together as one
- How directly your choices and thoughts affect your body
- A “mini-massage” as the tension leaves your body and mind
- Confident as you succeed in your exercise program
- A sense of your intrinsic value

### Benefits

- Weight loss
- MindBody unity
- Cardiovascular fitness
- Increase muscle tone
- Neurogenesis
- Enhance immune system
- Normalize blood pressure
- Reduce negative effects of stress
- Slow down aging process
- Improve sleep
- Lower resting pulse rate

Name: Jane Doe Date: 26 Mar 2011 Type of Exercise: Walking  
Resting Pulse Rate: 70 Recovery Range: 70-90 Total Time: 40 minutes

	Desired PR	Actual PR	Time (min)	Recovery PR	Time (min)
1.	110	109	1	70	1
2.	120	124	1	65	1
3.	125	125	2	68	2
4.	125	127	2	70	2
5.	150	148	2	75	2
6.	150	151	2	80	2
7.	125	126	1	80	1
8.	125	127	1	78	1
9.	120	119	1	75	1
10.	110	111	1	70	1