

# THE Current

## SHADOW CREEK RANCH

OCTOBER 2011

OFFICIAL PUBLICATION OF THE SHADOW CREEK RANCH HOA

VOLUME 3, ISSUE 10

### Shadow Creek Ranch HOA Pumpkin Carving Party!

Village of Diamond Bay  
2034 Trinity Bay Drive (Pavilion)  
Friday- October 21st • 6:30 PM - 8:30 PM

Please bring your own  
pumpkin & carving tools!

Trick-or-Treating, Games & Vendors  
Costume Contest (12 & Younger)

For further information & volunteering,  
please contact: Community Liaison Manager  
Bobbie Lopez: [blopez@amitx.com](mailto:blopez@amitx.com)

Please RSVP: by 10-17-2011



### What's happening In Shadow Creek Ranch?

## TEXAS NATIONAL NIGHT OUT 2011

The 28th Annual National Night Out, a unique safety and community event sponsored by the National Association of Town Watch (NATW) has been scheduled **Tuesday October 4th, 2011**. We encourage you and your community to be part of our Texas Night Out.

**NOTE:** Texas (only) will celebrate on October 4, 2011 this year. If you would like to share your pictures with the rest of the community, please email them to Bobbie Lopez: [blopez@amitx.com](mailto:blopez@amitx.com). Visit [www.pearlandpd.com](http://www.pearlandpd.com) to register



For further updates, please visit [www.shadowcreekranchhoa.com](http://www.shadowcreekranchhoa.com)



## CAPITAL IMPROVEMENT UPDATES

The information provided is from a list of updates for current Capital Improvement projects the City Of Pearland is currently managing. In construction zones, citizens are asked to please obey construction signs.

### FM 2234 / SHADOWCREEK PARKWAY EXPANSION

The Texas Department of Transportation is continuing construction of this roadway. During the remainder of 2011, crews will complete paving of the eastbound lanes and installation of new traffic signals. The roadway will be complete and open to traffic early in 2012. For more information about Capital Improvement Projects or to sign up for Construction Notices, please visit [www.cityofpearland.com/projects](http://www.cityofpearland.com/projects). Please report all traffic-signal issues to the Public Works Department at 281-652-1900.

# IMPORTANT NUMBERS

## EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	281-331-9000
Pearland Police Department .....	281-997-4100

## SCHOOLS

Mary Marek Elementary .....	281-245-3232
Laura Ingalls Wilder Elementary .....	281-245-3090
Manvel Junior High .....	281-331-1416
Alvin Senior High .....	281-331-8151
Manvel High School .....	281-245-2235
Alvin ISD Administration .....	281-338-1130
Alvin ISD Transportation .....	281-331-0960

## UTILITIES

Electricity - Reliant Energy.....	713-207-7777
Gas - Center Point .....	713-659-2111
Trash Removal - City of Pearland .....	281-652-1600

## OTHER NUMBERS

Pearland Post Office .....	281-485-2132
Poison Control.....	800-764-7661
Brazoria County Health Department .....	979-864-1484
Animal Control.....	281-756-2265
Cable/Internet/Phone...COMCAST .....	713-341-1000

## CITY

Pearland City Hall.....	281-652-1600
Pearland Utility Billing - Water Dept. ....	281-652-1603
Pearland Animal Control.....	281-652-1970
Pearland Police Dept - Non-Emergency .....	281-652-1100
Pearland Public Works.....	281-652-1900

## NEWSLETTER

Articles.....	blopez@amitx.com
Publisher	
Peel, Inc. ....	1-888-687-6444
Advertising.....	1-888-687-6444

# MGMT COMPANY

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Community Liason Manager	
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[www.AMITX.com](http://www.AMITX.com)



# DROUGHTS



## WHAT IS A DROUGHT?

A drought is defined as “a period of abnormally dry weather sufficiently prolonged for the lack of water to cause serious hydrologic imbalance in the affected area.” -Glossary of Meteorology (1959).

In easier to understand terms, a drought is a period of unusually persistent dry weather that persists long enough to cause serious problems such as crop damage and/or water supply shortages. The severity of the drought depends upon the degree of moisture deficiency, the duration, and the size of the affected area.

## WHAT ARE THE IMPACTS OF A DROUGHT?

Lack of rainfall for an extended period of time can bring farmers and metropolitan areas to their knees. It does not take very long; in some locations of the country, a few rain-free weeks can spread panic and affect crops. Before long, we are told to stop washing our cars, cease watering the grass, and take other water conservation steps. In this situation, sunny weather is not always the best weather.

The real problem becomes back to back dry winter seasons, similar to what is occurring during the 1998-2000 period of time. With two significantly below-normal precipitation winter seasons, reservoirs are becoming low and the fire danger rises as the forests dry out. However, summer rains can alleviate the situation, as the monsoon season typically develops by July.

The worst drought in 50 years affected at least 35 states during the long hot summer of 1988. In some areas the lack of rainfall dated back to 1984. In 1988, rainfall totals over the Midwest, Northern Plains, and the Rockies were 50-85% below normal. Crops and livestock died and some areas became desert. Forest fires began over the Northwest and by autumn, 4,100,000 acres had been burned. A government policy called “Let Burn” was in effect for Yellowstone National Park. The result? Half of the park--2,100,000 acres were charred when a huge forest fire developed.

## HOW DO METEOROLOGISTS PREDICT DROUGHTS?

Meteorologists determine the onset and the end of a drought by carefully monitoring meteorological and hydrological variables such as precipitation patterns, soil moisture, and stream flow. To do this, meteorologists make use of various indices that show deficits in precipitation over periods of time.

*For additional information on Droughts, visit:*

*<http://texashelp.tamu.edu/004-natural/droughts.php>*

*SOURCE: Texas Extension Disaster Education Network*



## Monitored Alarms Require Registration

Monitored alarm systems require registration, and if registered prior to January 1, 2010 will require re-permitting due to changes in the alarm ordinance (Ordinance 569-3). New monitored systems must also register. The permit application can be found online at <http://p2c.pearlandpd.com/crywolf/>, and online payment is available. One change requires annual versus one-time registration, to ensure that the Police Department has up-to-date information when responding to an alarm. However, once the initial registration fee is paid, it is waived each year thereafter for those permit holders incurring fewer than 3 false alarms per year.

The changed ordinance also increases fines associated with false alarms (user error, installation and equipment failures are the three major causes of false alarms). Tips, useful information, and frequently asked questions can be found at [www.cityofpearland.com, Departments>Finance>False Alarms](http://www.cityofpearland.com, Departments>Finance>False Alarms). For further questions or concerns, please contact the Pearland Police Department at 281-997-4100.



## BUSINESS CLASSIFIEDS

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# SHADOW CREEK RANCH

## QUICK FACTS ABOUT FLU

In Texas, flu season typically begins in mid-October and lasts through April. On average one to five million Texans become ill with the flu each year. Your best defense is to get all your flu shots – both for seasonal flu and H1N1 – and to practice good hygiene habits:

- Clean your hands often with soap and water, or use an alcohol-based hand sanitizer.
- Cover your cough and sneeze into your sleeve.
- Stay home when you are sick.

### How should Texans get prepared for a flu emergency?

Planning for a flu emergency is more important this year than ever. If outbreaks become severe, commercial and community activities could be disrupted for extended periods of time. That means you need to stock up on essentials now. Be sure to add these items that are specific to flu emergencies to your disaster supplies kit:

- Two-week supply of food, water and prescription medications
- Over-the-counter fever-reducing medications such as ibuprofen or acetaminophen (Tylenol)
- Plenty of hand soap and alcohol-based hand sanitizer
- Extra tissues
- Bleach, disinfectants and other cleaning products that kill flu viruses
- Extra paper towels or disinfectant wipes
- Surgical masks to protect yourself when caring for sick family members
- As you make your plans, consider the following situations:
- If schools close, what are your plans for childcare?
- Can you work from home to minimize exposure?
- Who will care for sick family members?

### What are the symptoms of flu?

Symptoms of flu come on suddenly, one to four days after a flu virus enters the body. **These symptoms include: Sudden fever (100.4° F or more) • Sore throat • Runny nose • Body aches • Headache • Chills • Fatigue • Dry cough • Nasal congestion**

Children also may have an ear infection, nausea or vomiting. Young children with flu can develop high fevers and seizures. Generally, people start feeling better after the body's temperature returns to normal, in about three days, and are ready to return to their normal activities in about a week. Tiredness and a cough may linger for several more weeks. **Learn more about flu at [TexasFlu.org](http://TexasFlu.org).**

*SOURCE: Texas Department of State Health Services (DSHS)*



## FOUNDATION WATERING

Expansive soils act like a sponge. As they absorb water, they swell and as they lose water they shrink. Soils tend to dry out (and shrink) during the summer and to absorb water (and swell) during the winter and spring.



As the soil under a house shrinks and swells with the seasons, the house and foundation will move up and down. As long as the foundation movement is not great enough to damage the house and/or foundation, it is not a problem. If the up and down movement of a foundation always returns the foundation to its original level position, then damage to the house and foundation may appear and disappear on a regular basis as the seasons change.

If a homeowner wishes to stop seasonal house and foundation damage, the first course of action should be to follow a controlled watering program. By keeping the moisture content of the soil under the foundation constant, foundation movement can often be stopped.

The goal of a foundation watering program is to maintain a constant level of moisture in the soil under the house and foundation. **The best way to water a foundation is to install a buried foundation watering system. If you do not want to go to the expense of installing a buried watering system, soaker hoses will provide you with many of the same benefits.** The best way to use a soaker hose is to bury a soaker hose three inches deep, 6 inches from the edge of your foundation. Placing the hose a short distance from the foundation allows the water to soak into the soil evenly.

**The hose should not be placed against the foundation.** When soil has dried and cracked, water can travel along the cracks for several feet in all directions. If the soil around your foundation is dried and cracked, then water placed next to the foundation will run through the cracks and accumulate at the bottom of the grade beam (the thick portion of the foundation that is under the exterior walls). In some cases, an accumulation of water in the soil at the base of a foundation can cause the soil to lose some of its load bearing capacity. If the soil loses enough load bearing capacity, the house will sink into the ground.

Obviously, it is necessary to water more during hot, dry weather and less during cold, damp weather. **The amount of water required to keep a foundation stable during the summer can be surprisingly large.** A single large tree can remove as much as 150 gallons of water, or almost 20 cubic feet of water, from the soil each day. Shrubs and other plants can also remove large quantities of water. During persistent hot dry weather, it may be necessary to water a foundation daily.

Watering should supply enough water to keep the moisture content in the soil under the foundation constant. **If the amount of water applied is only enough to keep the surface damp, the watering program will not work.** Obviously, the homeowner is the only one who can weigh the benefits of controlling foundation movement versus the increased size of the water bill.

*We hope you have found this helpful!*

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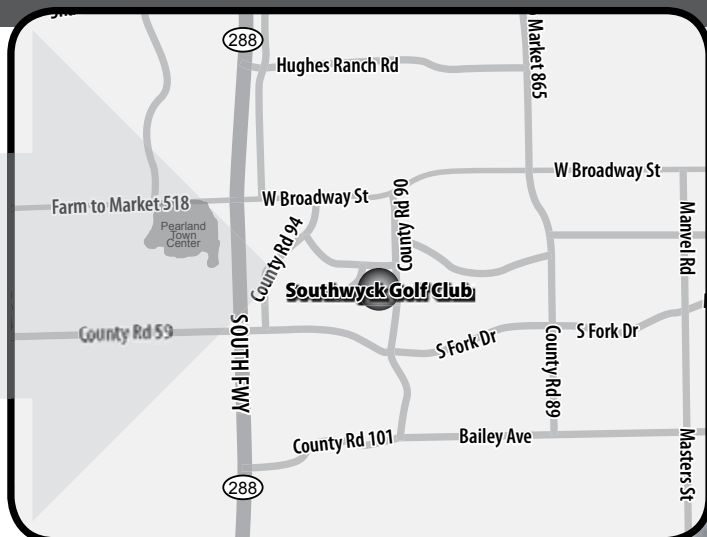
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# SHADOW CREEK RANCH

## ONE OUT OF 8 WOMEN GET BREAST CANCER IT COULD BE YOU OR SOMEONE YOU LOVE...

Breast Cancer is NOT a death sentence, if caught early. Come find out the facts that save lives. Join the Shadow Creek Ranch Community, in association with Reconstruction of a Survivor and Positive Image Productions, for Viewings of a locally produced breast cancer documentary. Come any of the following dates:

**The Village of  
Emerald Bay Clubhouse  
11814 N. Clear Lake Loop  
Oct. 15 @ 10am, Oct. 15@ 1pm  
Nov. 2@ 7pm, Nov. 19@ 12 noon**

*Due to limited seating, we ask all that all guests are 18 and older please. Thank you.* For more information, contact Dr. Jennie Bennett at [drjbennett@att.net](mailto:drjbennett@att.net), or Cynthia Nickerson, 713.385.5038



## TEXAS LEGISLATURE

Homeowner Association Legislation has allowed that the Association may email all homeowner responses in reference to meetings, updates, documents and anything pertaining to your Homeowner Association in addition to mail-outs and public postings.

On behalf of your Shadow Creek Ranch HOA, we encourage our residents to email:

Lisa Mayon at [lmayon@amitx.com](mailto:lmayon@amitx.com) with your current email addresses. If you wish to discuss this further, please contact your Shadow Creek Ranch HOA.

*Thank You!*

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**ATASCOCITA** (Open October 2011)  
19143 W. Lake Houston Parkway  
W. Lake Houston Pkwy at FM 1960  
**281-540-9113**

# SHADOW CREEK RANCH

## ECONOMIC DEVELOPMENT

### PEARLAND RANKED 15TH FASTEST GROWING CITY IN THE U.S.

Recent U.S. Bureau of Census data confirms that Pearland is one of the fastest growing cities in the United States. Once a community of 37,460 residents (2000), the official 2010 Census recorded a population of 91,252 - an increase of 142 percent. Pearland ranks 15th in the nation in percentage population growth among cities with 10,000 people or more in 2000. Within Texas, only Frisco in the Dallas-Fort Worth area grew at a faster rate.

Pearland's rapid population increase moved it from the ninth largest city in the Houston Metropolitan Statistical Area (MSA) to third, preceded in size only by Houston and Pasadena. Pearland's population growth percentage between 2000 and 2010 was the highest among large cities in the Houston MSA by a wide margin. Pearland grew nearly six times the rate of the Houston MSA, eight times the rate of the State of Texas, and 14 times the rate of the United States as a whole. Pearland's population became younger during the past decade, losing nearly an entire year off its median age. Pearland's new median age - according to the 2010 census estimate - dropped from 34.23 to 33.30 years of age. This decrease in median age stands in contrast to state and national trends.

The census reveals not only that the city is growing and getting younger, but also is more educated. In 1990, 22 percent of the population had a bachelor's degree or higher. In 2010, this percentage more than doubled with 45 percent of the population possessing at least a bachelor's degree. The combination of these trends are what contribute to Pearland's continued prosperity.

*(Rank - City - 2010 Population  
2000 Population - 2000 Rank)*

- 1 HOUSTON 2,099,451 | 1,953,631 | 1
- 2 PASADENA 149,043 | 141,674 | 2
- 3 PEARLAND 91,252 | 37,640 | 9
- 4 LEAGUE CITY 83,560 | 45,444 | 7
- 5 SUGAR LAND 78,817 | 63,328 | 4
- 6 BAYTOWN 71,802 | 66,430 | 3
- 7 MISSOURI CITY 67,358 | 52,913 | 6
- 8 CONROE 56,207 | 36,811 | 10
- 9 GALVESTON 47,743 | 57,247 | 5
- 10 TEXAS CITY 45,099 | 41,521 | 8

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# SHADOW CREEK RANCH

## Manvel High School Cheerleaders Recognized



Shadow Creek Ranch residents, let's show our spirit and support at the games!

Congratulations Manvel High School Co-Captains, Megan Walker and Ashley Balogh of Shadow Creek Ranch. After attending a UCA cheer camp at A&M University, the two seniors were offered applications to be instructors at next year's cheer camp. In addition, Megan Walker was awarded UCA All-American Cheerleader and recognized and awarded a leadership pin by the UCA staff and instructors.

### MANVEL MAVERICKS 2011 VARSITY FOOTBALL SCHEDULE

DATE	OPPONENT	TIME	LOCATION
8/26	Fb Willowridge	7:00 PM	FB HALL STADIUM
9/2	Fb Austin	7:00 PM	ALVIN MEMORIAL YFB NIGHT
9/9	G.C. Memorial	7:00 PM	ALVIN MEMORIAL JH NIGHT
9/15	Sharpstown	7:00 PM	ALVIN MEMORIAL
9/23	Lamarque	7:00 PM	ALVIN MEMORIAL
9/30	Open		
10/7	Santa Fe	7:00 PM	SANTA FE
10/13	Friendswood	7:00 PM	ALVIN MEMORIAL
			HOMECOMING
10/21	Texas City	7:00 PM	TEXAS CITY
10/28	Galveston Ball	7:00 PM	ALVIN MEMORIAL
			PARENT NIGHT
11/4	Pearland Dawson	7:00 PM	PEARLAND (THE RIG)

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# SHADOW CREEK RANCH

## ATTENTION ALL PET OWNERS!

Dogs are adorable, dependable, and truly loyal. No wonder dogs are very popular pets in every neighborhood. As owners love to hang out with their pets and show off their pretty dogs in public, it is common for them to go out of the house and take their dogs around as they go to parks, malls, restaurants, and other public areas. Please remember regulations have been adopted in your association requiring pet owners to keep on a leash & clean up after their pet(s) when walking outside of their own yard. Failure to do so is a potential health hazard, and is a discourtesy to the neighbors.

*Please call City of Pearland Animal Control to report any lost or missing pets at: 281.652.1970*



## BAGSTER PROGRAM

*The City of Pearland has teamed with the City's contractor, Waste Management, to provide BAGSTERS to our residents.*

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- Landscaping Projects\*
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Unacceptable items include but are not limited to: Appliances, Asbestos, Food, Fuel, Oil, Paint, E-Waste, and Hazardous Waste. The cost of the BAGSTER itself is \$25 plus 8.25% sales tax. They can be purchased and picked-up at City Hall at 3519 Liberty Drive or at the Public Safety Building at 2555 Cullen Blvd. After you have filled your bag, you will schedule your pick-up directly with Waste Management either on-line or by phone at 1-877-789-2247 for a fee that will be collected at the time your order is placed for pick-up. Go to [www.thebagster.com](http://www.thebagster.com) for additional information, answers to your questions, bag filling guidelines, and to schedule your collection.



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**<http://pearland.fetchpetcare.com>**

# SHADOW CREEK RANCH

SHADOW CREEK RANCH HOA



## YARD OF THE MONTH!

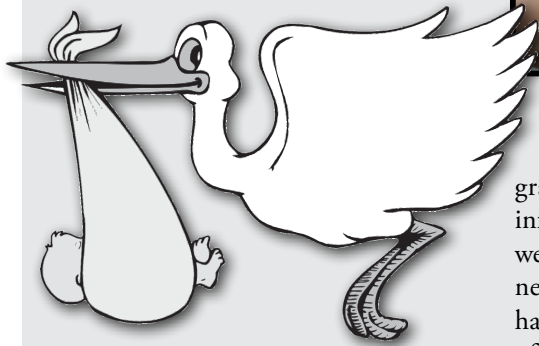
Volunteers and Section Representatives needed to participate in Yard of the Month and Community Events! For further information, please visit [www.shadowcreekranchoa.com](http://www.shadowcreekranchoa.com) or email [blopez@amitx.com](mailto:blopez@amitx.com).

*Thank You!*



## SHADOW CREEK RANCH STORK REPORT

Born on July 19, 2011, Jason Nicholas Peugh is on the left and Joshua Vincent Peugh is on the right. Jason was born at 9:19 a.m., and was 5 lbs 9 oz and 17 inches. Joshua was born at 9:21 a.m. and was 5 lbs 5 oz and 17 1/2 inches. Proud parents: Jason and Nyamekye Peugh and big sisters Mikayla and Mackenzie Peugh.



### *Please Submit Info and Photo!*

If you have a new arrival (baby or grandbaby), email us the pertinent information along with a photo and we'll publish it in *The Current*. Let your neighbors share in celebrating your happiness! Email info on the arrival of your little one to [blopez@amitx.com](mailto:blopez@amitx.com)



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Brilliant Energy Texas PUC #10140

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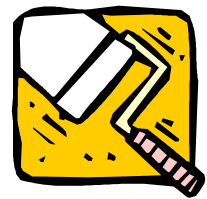
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# SHADOW CREEK RANCH

## HEALTH BRIEFS - OCTOBER 2011

### TOBACCO SMOKE CAN TRIGGER CHILD'S ASTHMA ATTACK

Exposure to smoke can worsen your child's asthma and should be eliminated to help effectively manage symptoms, said a pediatric pulmonologist at Baylor College of Medicine. "Sometimes treating a child's asthma means treating the parent's tobacco addiction," said Dr. Harold Farber, associate professor of pediatrics - pulmonary at BCM and associate medical director of the Texas Children's Health Plan at Texas Children's Hospital.

If your child has asthma and you are a smoker, Farber said it's critical to get your tobacco dependence treated. "When you smoke, whether it's indoors or out, your child is exposed to the irritant," said Farber. He encouraged smokers to talk to their doctors and to call the free national smoker's help line at 1-800-QUIT-NOW (1-800-784-8669) for assistance to become smoke free.

### VITAMIN C PROTECTS, MAINTAINS HEALTHY BONE MASS

Vitamin C plays an important role in maintaining bone mass - promoting the balance between old bone resorption and new bone formation, said a Baylor College of Medicine doctor. Most experts recommend vitamin D, calcium, exercise and bisphosphonates to keep bones healthy, said Dr. Kenneth Gabbay, professor of pediatrics - molecular diabetes and metabolism at BCM. Vitamin C is sometimes left out of the healthy bone equation but studies show that

it's equally important. Food high in vitamin C includes oranges, strawberries, dark, leafy lettuce, broccoli, bell peppers and fresh herbs. Most daily vitamin supplements also contain vitamin C.

### SLEEPING PILLS NOT EASY ANSWER

When sleep doesn't come easily, some people turn to what they think is an easy solution - sleeping pills. But according to a Baylor College of Medicine sleep expert, sleep medications - whether prescription or over-the-counter - shouldn't be taken lightly. "All medications have side effects that need to be weighed whenever you take them," cautioned Dr. Phil Alapat, assistant professor of pulmonary, critical care and sleep medicine at BCM and medical director of the BCM Sleep Center. Some of the most common prescription sleep medications are non-benzodiazepine hypnotics, like Ambien and Lunesta. These medications are not physically addictive and will not cause withdrawal symptoms when a person stops taking them. However, many people depend on them because they believe they cannot sleep without them, Alapat said.

One of the most common over-the-counter sleep aids is the nutritional supplement melatonin. It is helpful for some people but Alapat cautioned that it is not , an FDA regulated substance. Over-the-counter sleeping pills may also contain antihistamines and while these can help a person sleep, they

have other side effects, including dry eyes and mouth. They may also cause an altered mental state, and this can be especially concerning in older adults, Alapat said. Before turning to any type of sleep aid, Alapat recommends a visit to a physician, or a sleep disorders specialist.

### BEST BETS IN BEVERAGES FOR KIDS

When your kids need something to drink, reconsider reaching for that juice box. It's easy to get confused about what is and what is not a fruit juice. According to Roberta Anding, a registered dietitian at Baylor College of Medicine, if the label does not say 100 percent juice, it is not genuine fruit juice but fruit-flavored instead. Such fruit-flavored beverages, like many of those handy little juice boxes, have higher sugar content than fruit juice and are even comparable to sodas. A better option is to substitute actual pieces of fruit for fruit juice or fruit-flavored drinks.

Healthy beverage choices are important throughout the day to keep hydrated and provide good nutrition. Anding suggests following a beverage pyramid, much like the well-known food pyramid. "Kids should drink mostly water, then low-fat or skim milk, and then real fruit juice in moderation," she said. "Limit sodas since they are full of sugar and have no nutritional value."

*Parents can help their children make healthy beverage choice by making healthy options available and being a good role model.*

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# SHADOW CREEK RANCH

## Target Heart Rate Range for Cardiovascular Exercise:

DO YOU KNOW YOURS? - By Sarah Jordan, MS

Are you getting the most you can from your cardiovascular exercise program? Determining your target heart-rate range may help you see more results and become more aware of the intensity of exercise that you are completing. I love to empower my clients by educating them on this personalized range. And even more so, I enjoy seeing their faces light up when they tell me about the results they are seeing because of their success in using it.

### *A few things to remember about calculating target heart-rate range (THRR):*

- Always check with your doctor before starting or changing your exercise program. To best determine your fitness level and training zones, seek a fitness assessment from a certified professional personal trainer. Numbers provided here are just estimates.
- **These estimates are for healthy individuals. Remember that conditions**

**like pregnancy, health issues, and some medications can affect your heart rate.**

- There are times when your mid-exercise heart rate will be below or above your target heart rate range, and that is okay. But use the THRR as a goal to work within most of the time.
- A good estimate of your maximum heart rate is  $220 - \text{your age}$ .

### *Calculating your target heart-rate range:*

Knowing how to take your pulse and find your heart rate during exercise can help you evaluate the effectiveness of your exercise program. Using the Karvonen formula, we can calculate target heart-rate range (THRR). We do the following to calculate our low and high end of our THRR:

$220 - \text{age} - \text{resting heart rate} \times \text{low end of training zone} + \text{resting heart rate} = \text{_____}$   
(low end of THRR)

$220 - \text{age} - \text{resting heart rate} \times \text{high end of training zone} + \text{resting heart rate} = \text{_____}$   
(high end of THRR)

— Step 1 —

### *Calculate your resting heart rate.*

The best time to do this is first thing in the morning before you get out of bed. Take a 60-second count, and write your resting heart rate value down.

— Step 2 —

### *Determine what training zone you will use based on your current level of fitness.*

Estimates provided by [www.acefitness.org](http://www.acefitness.org): Low level of fitness: 45-55%; Fair level of fitness: 55-65%; Good level of fitness: 65-75%; Excellent / elite level of fitness: 75-85%. (These are just examples and can be changed to best fit your current level of fitness. For the most accurate calculation, get a fitness assessment.)

(Continued on Page 15)



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# SHADOW CREEK RANCH

**Target Heart Rate....-** (Continued from Page 14)

— Step 3 —

**Calculate your target heart-rate range using the Karvonen formula.**

— Step 4 —

**Learn how to use this heart-rate range regularly in your cardiovascular workouts.**

For example: A healthy 30-year old female with a good level of fitness and a resting heart rate of 60 beats per minute and using a training zone of 60-80%:

$$220 - 30 - 60 \times .60 + 60 = 138 \text{ beats per minute}$$

$$220 - 30 - 60 \times .80 + 60 = 164 \text{ beats per minute}$$

**Using this calculation, her target heart-rate range is 138 – 164 beats per minute.**

So the question is, “Now that I know my target heart-rate range, how do I actually apply that to my workouts?”

**Follow these steps for success:**

- Calculate your target heart-rate range and write it down where you can easily find it.
- Find a range that you can remember. For example: For the 30-year old female above, her range is 138-164 beats per minute. That is hard to remember mid-exercise, so she should do this:
  - Determine and remember the range you should find in a 6-second pulse count. (Ex: 13-17 beats in 6-second pulse count,

as this would equal 130 – 170 beats in a minute, which aligns with her THRR.) – She takes her pulse (mid-exercise) for 6 seconds, and should get 13-17 beats.

- Practice and learn to take your pulse properly. Taken from <http://my.clevelandclinic.org/heart/prevention/exercise/pulsethr.aspx>:
  - Place the tips of your index, second and third fingers on the palm side of your other wrist below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck on either side of your windpipe.
  - Press lightly with your fingers until you feel the pulse beneath your fingers. You may need to move your fingers around slightly up or down until you feel the pulsing. If placing fingers on neck, be sure you don't press too hard.
  - Use a watch with a second hand, or look at a clock with a second hand.
- Count your pulse for 6 seconds. Multiply this number by 10 (add a “0”) to get your heart rate (pulse) / beats per minute.
- Give yourself time to get comfortable using this method. It will pay off in the long run!

*Everyone wants to find ways to make their fitness routines more efficient. It is my hope that using the target heart-rate range will be one way of doing just that.*

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