

MYC “ZONE 2” Cardio February Challenge:

February 1st – February 28th

Why Zone 2?

This exercise stimulates one’s heart and lungs to function above and beyond normal activities of living.

Use the “talk test” to determine what zone you are in:

Zone 1: You can speak just like you would do at your desk or in a quiet place (the easiest zone). That is 55 – 72% of heart rate maximum.

Zone 2 You are breathing a little harder and the person on the other end of a phone call would know that you are working out. That is 72% - 82% of Heart Rate Maximum.

Zone 3: You are forcing it and having a hard time keeping a conversation going. That is 82% -87% of Heart Rate Maximum.

Zone 4 and 5 (the hardest zone): You are only able to get out yes or no answers. That is 87% - 97% of Heart Rate Maximum.

Rules/Tracking:

- 300+ minutes per week in zone 2 wins a protein shaker bottle
- 2x/week in zone 2 for 30+ minutes each wins a cooling towel
(Choose any form of cardio exercise you like; Walking, Swimming, Zumba, Cycling, etc.)

At the end of challenge, data needs to show proof of minutes. Photo submissions for tracking will take place the week of 3/3 - 3/7. A link will be provided in a registration confirmation email.

Eligibility: All Employees (regardless of health plan status) and retirees on the YourChoice Health Plan

Scan QR Code to register. Registration ends 2/7.

