



how to start loving your workout

IF YOU THINK OF EXERCISE as more drudgery than treat, then you may be pushing yourself harder than you have to. Researchers at the University of Illinois at Urbana-Champaign and Iowa State University put each of 60 physically fit men and women in their 20s through a treadmill test, gradually increasing the speed and incline until the participants felt too tired to continue. The scientists discovered that the point at which most of the subjects started to wish they were on the couch instead was when they were working so hard that they crossed over the threshold from aerobic to anaerobic exercise. That's when lactate, an acid that triggers pain

in your muscles, starts to build up. Study author Steven J. Petruzzello, Ph.D., associate professor of kinesiology and psychology at the University of Illinois, says previous studies have shown that exercising at or just below this threshold provides the same health benefits as going above it.

Preliminary results from an **Iowa State follow-up study** among previously sedentary middle-aged women suggest these findings may have broader applications. Whether or not that turns out to be the case, overdoing it can tax both your mind and your muscles, so don't be afraid to back off a little if that's what you need to do to keep moving. —S.R.-S.

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